

Why Goat Meat Could Be the Most Popular Meat of 2017

Ever wondered why we see goat cheese and goat milk everywhere, but rarely goat meat? Well, that could all be changing now that goat meat is becoming more popular at US restaurants. Goat meat is predicted to be one of the trendiest food items in 2017, and for good reason. It's the fifth most consumed meat around the world (next to chicken), so I looked into what makes goat meat so unique, and why it could be the next trend.

It is much healthier and leaner than other meats

Next to ostrich, goat meat is actually the leanest red meat. It also has fewer calories and cholesterol than other lean meats, such as chicken and turkey. According to this article, "A 3 oz. portion of goat meat has 122 calories, which is considerably less than beef's 179 and chicken's 162." Goat meat also has considerably less fat and saturated fat, yet it actually contains more iron than beef and chicken, which is an essential part of a balanced diet.



It is a staple in many parts of the world

Around the world, goat is the most widely consumed red meat. Approximately 63% of the world's population consumes goat meat, and it is especially prevalent in South Asia, the Middle East, and Latin America.



However, goat meat has recently started to expand to restaurant menus in the United States. Stephanie Izard, winner of Bravo's Top Chef, has opened three upscale restaurants in Chicago that serve goat meat called Girl & the Goat, Little Goat Diner, and Duck Duck Goat.

Eating goat meat could be considered ethical

Unfortunately, on many farms, male goats are killed at birth due to the fact that only female goats produce milk. By popularizing goat meat, these male goats would be allowed to live a longer life, rather than being killed immediately.

Goats are also considered to be raised in an environmentally friendly way. They are often raised on small sustainable farms that do not have the same negative impact as factory farms.

It has a mild taste, so it pairs well with both spicy and sour flavors

Popular goat dishes include goat stew, goat curry, goat pie, and goat ribs. Goat meat's moist texture makes it easy to blend with strong, flavorful sauces, making it extremely versatile and a great meat to experiment with.



Not only is goat meat sustainable and delicious, it is also extremely good for you. The rest of the world already enjoys this functional meat, but only time will tell if America will catch on and take advantage of it, too.