

## GOAT MEAT BRIOCHE



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- Sub Category Name  
Combo  
Main Courses
- Recipe Source Name  
Real High Tea 2014/15 Volume 1

### Used Teas



t-Series Ceylon  
Cinnamon Spice Tea

### Ingredients

#### GOAT MEAT BRIOCHE



### **Slow Cooked Goat Meat**

- 500g goat meat
- 100g onion
- 150g carrot
- 30g celery
- 20g tomato paste
- 1 tsp balsamic
- 1 tsp brown sugar
- Water

### **Avocado Purée**

- 25g avocado
- 3ml lemon juice

### **Truffle Mayonnaise**

- 25g mayonnaise
- Black truffle paste

### **Chanterelle Mushroom Powder**

- 50g fresh Chanterelle mushrooms

### **Black Olive Powder**

- 50g black olives

### **Goat Cheese Spread**

- 50g goat cheese
- 10g fresh mint leaves (finely chopped)
- 15g fresh black truffles as garnish

### **Cinnamon Brioche Bread**

- 500g bread flour
- 50ml milk
- 4 eggs
- 15g dry yeast
- 10g salt
- 60g sugar
- 150g butter
- 50ml fresh milk



- 100ml Dilmah Ceylon Cinnamon Spice Tea

## **Methods and Directions**

### **GOAT MEAT BRIOCHE**

#### **Slow Cooked Goat Meat**

- Heat the goat meat in a casserole dish over medium heat until you smell the cooked meat.
- Add onion, carrot and celery to the casserole and cook until the vegetables have softened. Add water till it covers the meat and cook in an oven at 120°C for 6 hours.

#### **Avocado Purée**

- Mix the two ingredients into a purée.

#### **Truffle Mayonnaise**

- Mix both ingredients together.

#### **Chanterelle Mushroom Powder**

- Dry the mushrooms in an oven on low temperature and grind to a fine powder.

#### **Black Olive Powder**

- Dry olives in an oven at low temperature and grind to a fine powder

#### **Goat Cheese Spread**

- Mix both ingredients together.

#### **Cinnamon Brioche Bread**

- Mix all the ingredients to a soft moist dough.
- Cover and leave it to prove till the dough has doubled in size.
- Punch holes in the dough, knead very lightly for just a few minutes.
- Cover and store in a fridge and prove till it has doubled in size once more.
- Preheat the oven to about 200°C.
- Place the dough in a lined or grease baking tin and glaze with egg wash.
- Bake till golden and cooked through.



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