




Capretto ticinese (Ticino-style kid)






A typical traditional recipe from Ticino reworked by SSSAT (Swiss Italian Tourism and Hotel Management School of Bellinzona).

Preparation

	Time required	approx. 120 minutes
	Difficulty	Average - For amateurs
	Portion size	4 people

Features

	Dish	Meat - Kid
	Typical product	Local meat - 0 Km
	Suitable in	Spring - Easter

INGREDIENTS

Kid

- 1.4 kg local kid (cut into 50–70 g chunks)
- Freshly ground salt and pepper
- Sufficient oil or butter for roasting
- 4/5 sprigs of rosemary
- 120 g butter
- 100–150 ml marsala wine
- A little water if required

PREPARATION

Kid

1. Preheat the oven to 220 °C (static, not fan);
2. Season the kid with freshly ground salt and pepper;
3. Brown the outside over a high heat in a non-stick pan, a little at a time (do not overlap the pieces, but leave them plenty of space);
4. As the pieces of kid brown, move them to the oven in a large roaster (ideally made from enamelled cast iron), without the oil used for browning them;
5. Once all the kid has been browned, continue to cook it in the oven at 180–200 °C, turning the pieces gently from time to time, until the juices have been reduced to a glaze and the meat starts sticking to the bottom of the roaster (do not cover!);
6. Now lower the temperature to 160–180 °C, add the rosemary sprigs and small knobs of butter and pour the marsala over it all;
7. Cover with tin foil, without sealing the edges, and continue to cook until the kid is ready to eat (turn it gently from time to time);
8. If the marsala reduces the glaze, dilute it with a little water, but take care not to add too much (when it is ready the kid should only have a small amount of sauce, a sort of glaze rather than a “stew”).

N.B. cooking time after browning and placing in the oven: approx. 90 minutes.

Plating up

Arrange the kid in pieces on the plate and accompany with a side of your choice.