

**Chevon** (goat) is a **tender, flavorful, lean** product which suits the needs of the health conscious consumer as well as the cultural preferences of our increasing population of new Canadians ...



## Choose CHEVON...

Watch for chevon at your local grocery store  
or visit [www.canadianmeatgoat.com](http://www.canadianmeatgoat.com)  
to find a producer near you.

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- ~ Become part of the national community of breeders and producers of meat goats
- ~ Be listed in our annual Members' Directory in the Canadian Meat Goat Journal and on the website
- ~ Have input into the decisions affecting your industry and your future
- ~ Receive the quarterly publication, the Canadian Meat Goat Journal, which delivers management information and articles as well as crucial information on programs and events taking place in the goat industry
- ~ Receive 50% reduction in Registry fees (versus non-members) and members advertising rates in the Canadian Meat Goat Journal



Contact the CMGA office  
for further information:  
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[www.canadianmeatgoat.com](http://www.canadianmeatgoat.com)

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	Agriculture and Agri-Food Canada	Agriculture et Agroalimentaire Canada	
<small>Agriculture and Agri-Food Canada (AAFC) is pleased to participate in the production of this publication. AAFC is committed to working with our industry partners to increase public awareness of the importance of the agriculture and agri-food industry to Canada. Opinions expressed in this document are those of the Canadian Meat Goat Association and not necessarily AAFC's. C'est avec plaisir qu'Agriculture et Agroalimentaire Canada (AAC) participe à la production de cette publication. Avec nos partenaires du secteur nous nous engageons à sensibiliser davantage les Canadiens et Canadiennes à l'importance de l'agriculture et l'industrie agroalimentaire au pays. Les opinions exprimées dans cette publication sont celles de l'association canadienne de la chèvre de boucherie et non pas nécessairement celles d'AAFC.</small>			



Chevon...  
the  
*healthy*  
red meat  
choice.



# Chevon

... the most widely eaten red meat in the world.

... is a tender, flavorful, lean product which suits the needs of the health conscious consumer.

... has fat content 50-65% lower than similarly prepared beef and has 22-29% less fat than lamb.

... has 40% less saturated fat than chicken (without skin) and is far below beef, pork and lamb. Goats do not deposit fat the same way cattle and sheep do – the meat is not marbled, therefore any fat present is easily trimmed away from the meat.



## Handling and Storage

Chevon should be handled and stored the same as any other type of meat – all raw meat should be stored at 4° Celsius or lower.

Fresh chevon should be refrigerated immediately on arrival home and used within 3-5 days.

For best quality, fresh ground cuts (such as hamburger or stew meat) should be used within 2 days of purchase. Larger cuts should be used within 3-5 days.

Ground or cut up chevon will keep its best quality in the freezer for four months. Larger cuts, such as chops, steaks, legs, or loins will keep their best quality six to nine months.

## Preparation

Proper preparation of chevon will result in a tender, flavorful meat.

Due to its low fat content, chevon can lose moisture quickly and become tough if exposed to high, dry cooking methods; therefore, in general, it should be cooked at low temperatures.

- Tender cuts such as legs, ribs, and loin can support cooking methods such as roasting, broiling or frying.
- Less tender cuts such as stew meat and shanks should be cooked using methods such as braising and stewing.

For safety, ground chevon should be cooked to 160° Fahrenheit, or until juices are clear and there is no trace of pink or cloudiness. Roast, steaks and chops can be cooked to medium rare (145°F), medium (160°F) or well done (170°F)

Chevon lends itself to all recipes commonly used for chops, legs and shoulders, roasts, racks and kabobs.

100g cooked	Calories (Kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Protein (g)
<b>Chevon</b>	<b>143</b>	<b>3.03</b>	<b>0.93</b>	<b>75</b>	<b>27.10</b>
Beef	208	11.07	4.07	84	26.05
Lamb	290	21.12	9.08	93	23.27
Chicken	165	3.57	1.01	85	31.00
Pork	252	14.28	5.25	96	28.88
Bison	143	2.42	0.91	82	28.40
Venison	191	3.93	1.95	113	36.28

Source: 2004 USDA National Nutrient Database for Standard Reference



**Contact the Canadian Meat Goat Association office to attain free chevon-specific recipe cards.**