

# Olé Cajeta!

BY CAPPY TOSETTI

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Like magic, a simmering pot on the stove can transform a few simple ingredients into a rich and creamy caramelized concoction to be used on ice cream, crêpes, pancakes, cinnamon rolls, cheese-cake, scones, fresh fruit, cheeses, and more.

Rachael Van Laanen and husband Scott Brinton milk 40 American Alpine goats at Mystery Bay Farm outside Seattle, Washington. They offer artisan cheeses, yogurt, and cajeta as farmstead products.

“It’s a simple recipe, but it takes plenty of patience during the cooking process,” advises Rachael, “so it’s important to carve out a good amount of time while stirring the pot. It’s a peaceful time, filled with the aroma of sweet caramel in the air.”

## Cajeta Recipe

Yield: 2.5 pints

Use large heavy-bottom stainless steel or copper pot.

- 1 gallon of goat’s milk
- 3 cups sugar
- 1 teaspoon baking soda
- 1 cinnamon stick or vanilla bean

Bring milk, sugar, and cinnamon to a rapid simmer on medium heat. Watch pot closely — stir — do not allow to boil over.

Continue simmering until liquid reduces to half.

In a separate pan over medium heat, combine one cup of the hot milk mixture with the baking soda, stirring briskly. Mixture will rise and get frothy. Pour mixture back into a large pot on medium heat, stirring every ten minutes — approximately an hour.

Keep stirring until mixture is rich amber brown and thick enough to coat back of the spoon.

Once done, remove cinnamon stick/vanilla bean. Let cool. Pour in airtight, sterilized glass jars.

*Enjoy!*

You can find Mystery Bay Farm’s products at [mysterybayfarm.com](http://mysterybayfarm.com) and more tantalizing goat milk recipes within the pages of Goat Journal and at [backyardgoats.iamcountryside.com/home-dairy/](http://backyardgoats.iamcountryside.com/home-dairy/).



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