

# Goose Guide

## Storing

Remove the giblets and the body cavity fat. Store the giblets and the goose separately in the fridge.

**Frozen birds must be allowed to thaw thoroughly.**

## Goose Fat

### Did you know?

Nutritional analysis shows goose fat contains a relatively low proportion of the undesirable saturated fats and a higher proportion of the healthier mono- or poly-unsaturated fats and essential fatty acids.

## Preparing your Goose

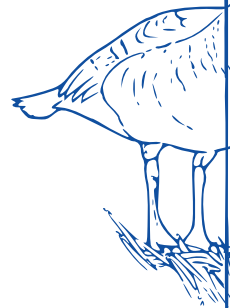
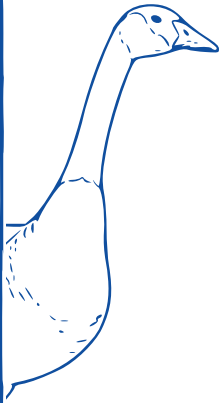
### You will need the following

Large deep meat tin (ideally with a trivet or rack), large tin foil, salt and pepper, and a stuffing of your choice.

Oven 200 C / 400 F  
(Fan oven 180 C / 350 F)  
Gas mark 6.  
Aga top right hand oven.

### Approximate time:

3 hours for 4.5kg (10lb)  
3.5 hours for 5.4kg (12lb)  
(Allow 15 minutes per 450g)



# Roasting method

- Place the giblets in 2.2 litres / 4 pints of water.
- Bring to the boil and then simmer gently for around one hour with the lid on.
- Strain and thicken the stock to make the gravy.
- Prick the skin, rub salt and pepper over the skin.



- Stuff the goose with your favourite stuffing, or as an alternative fill the body cavity with chopped apple and herbs of your choice and cook the stuffing separately in a dish.
- To prevent burning, wrap legs in foil and cover with some of the fat.
- Place the goose on a trivet or rack in the meat tin breast side up.
- Cover meat tin with foil and place in pre-heated oven.
- After the first hour baste the goose and make sure the legs are still covered and that the skin is not burning.
- Pour off surplus fat into a container.
- For the last 30 to 45 minutes uncover the breast to brown and baste again, pouring off the surplus fat.
- When cooked lift the goose on to a carving dish and leave to rest for around 20 minutes before carving. Cover loosely with foil.

# Carving your Goose



After allowing your goose to cool and rest for at least 30 minutes, place on board to carve.

You can carve your bird either from the breast or remove complete breasts and carve across the grain into slices with a short bladed knife. Then carve the meat from the legs.

## Goose Pâté Recipe

### Method

Shred the goose meat, stir together the meat, herbs, crushed berries and goose fat.

Season to taste and pack into individual ramekins.

A layer of melted fat run over the surface will seal the meat as it solidifies and help it to keep.

Cover and refrigerate until required.

Serve with warm bread.

### Ingredients

1lb / 455g freshly cooked goose meat

2 – 3 fresh sage leaves, finely chopped

8-10 crushed juniper berries

3/4 lb / 340 g soft rendered goose fat

Freshly ground black pepper & sea salt