

## Step-by-step cooking guide

### Storing

Remove the giblets and the body cavity fat.  
Store the giblets and the goose separately in the refrigerator.  
Frozen birds must be allowed to thaw thoroughly before cooking, following the instructions on the packaging.

### Roasting

You will need the following:  
Large deep meat tin (ideally with a trivet or rack)  
Foil / Salt and pepper  
Stuffing of your choice

Allow 15 minutes per 450g / 1lb plus 20 minutes. Do not overcook.  
Approximate time:  
4.50kg / 10lb = 3 hours 5.40kg / 12lb = 3.5 hours  
Oven 200°C / 400°F / Gas mark 6 / Aga top right hand oven

#### 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

Sever the legs at the thigh joints (they are well under the back).

When carving it is important to angle the blade of the knife at 90° to the breast bone.

Cold goose is excellent with red cabbage and fruit and nut sauce - see recipes



### Potted goose

#### INGREDIENTS

1lb / 455g freshly cooked goose meat  
2 - 3 fresh sage leaves, finely chopped  
8 - 10 juniper berries  
3/4 lb / 340 g soft rendered goose fat  
freshly ground black pepper & sea salt

#### 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



by kind permission of Strattons Hotel & Restaurant

### Red cabbage

#### INGREDIENTS

1 sliced med red cabbage  
2 sliced med white onions  
1 peeled and sliced large bramley apple  
1 - 2 tbsps brown sugar  
4fl oz/120ml cider vinegar  
3 tbsps water  
Medium size casserole dish and foil

#### METHOD

Cover bottom of dish with a layer of sliced red cabbage. Add the onion, apple, sugar and half the vinegar. Cover with a layer of red cabbage and rest of the vinegar. Add water and cover with foil. Bake for at least one hour in medium/hot oven until cabbage is tender.



by kind permission of Judy Goodman

### Creamy gooseberry sauce - to serve with the goose

#### INGREDIENTS

225g / 8oz gooseberries fresh or frozen  
37g / 1.2oz butter  
4 x 15ml / 4 tablespoons water

#### METHOD

Put the gooseberries and water into a small saucepan. Bring to the boil and simmer until soft. Mash the gooseberries and add the butter over a low heat, place into a blender to puree and then through a fine sieve into a sauce boat. Serve hot or cold. This will keep for at least three days covered in the refrigerator.

### Two delicious ways to serve goose



#### Goose slices served with parsnip pennies

Peel and slice parsnips and fry in goose fat for about 20 minutes until cooked and golden brown.



#### Goose slices served with crispy bacon and roast potatoes

### Goose with sauerkraut

#### INGREDIENTS - TO SERVE 6

1 x 8lb goose  
1 x 900ml jar Polish sauerkraut

#### METHOD

Joint the goose into 8 pieces - each breast joint (off the bone) into two and each leg joint (on the bone) into two. Take a very large and heavy bottomed saucepan and put half the sauerkraut in the bottom. Place the goose joints on top and then cover with the remaining sauerkraut. Pour over enough cold water to come to the top of the sauerkraut. Place over a medium heat and gently bring up to a simmer. Cook like this, partially covered, for about 3 hours, until all the water has evaporated. Don't let the pan catch. Allow to cool a little and then place in a large oven proof dish - with the sauerkraut at the bottom and the goose joints on the top. Place in a hot oven 180c for about half an hour to allow the goose to crisp up a bit. Serve with mashed potatoes. This is a really comforting and warming dish for a cold winters night - a great dish for entertaining. This dish can be prepared a day in advance and stored in the fridge and then can be re-heated for approximately 45 minutes.

by kind permission of Claire Symington

### Fruit and nut sauce

#### INGREDIENTS

500g / 17.5 oz dried prunes  
8 fl oz / 240 ml dry white wine or dry cider  
125g / 4.5 oz dried apricot halves  
100g / 3.5 oz chopped walnuts

#### METHOD

Soak the chopped prunes, apricots and walnuts in the wine or cider, and then heat up as a sauce to serve with the roast goose.

## Goose fat



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.

Goose fat drained from the goose can be used for cooking roast potatoes, roast vegetables and yorkshire puddings.

The pure fat which is found in the body cavity and removed before cooking can be melted, allowed to set and then frozen - it makes excellent pastry. This goose dripping is also delicious as a snack on toast.



## Roast potatoes

crisp and crunchy on the outside, yet soft and fluffy inside.

### INGREDIENTS

Dry floury potatoes such as King Edward, Maris Piper or Wilja.

Goose fat which has collected in the roasting tin

### METHOD

Peel and cut potatoes into chunks about 5cm / 2in square. Place in a pan of salted water, bring to the boil, then simmer for 10 minutes. Drain the potatoes, keeping the water for the gravy. Place the potatoes back in the pan and shake them around to roughen the edges. You can also use a fork to scratch the edges. Put the goose fat into a roasting tin and heat in the oven until hot, around 10 mins, add potatoes to the tin and coat with the fat. Cook in a moderate oven for 1 hour or until golden and crisp.

## Prune, bacon and apple stuffing

### INGREDIENTS

1 large onion  
2 medium apples  
1 tablespoon goose fat  
4oz streaky bacon  
4oz pitted prunes  
4oz white breadcrumbs  
Goose liver

### METHOD

Peel and chop the onion and apple and fry together in a little goose fat until softening, then add the chopped bacon and fry for a few minutes longer. Tip this mixture into a bowl to cool. Fry the goose liver in the same pan until just cooked, then roughly chop and add to the ingredients in the bowl. Finally add the prunes and breadcrumbs, then season with salt and pepper. Stir to combine.

by kind permission of  
Claire Symington



*'British Free Range Goose' is seeking EU recognition as a product with Traditional Speciality Guaranteed*

The British Goose Producers have a new brand image highlighting the green field lifestyle enjoyed by geese reared in keeping with tradition.

Geese are kept today as they've been through the centuries - in small flocks in the open air.

Look for this brand image when choosing goose - you can be sure you're buying a fresh bird produced according to time-honoured tradition.

The British Goose Producers, which is part of the British Poultry Council, has members throughout the country and helps to promote British free range geese and provide helpful information and advice for retailers and consumers

## Michaelmas heralds traditional season of the goose

By custom the first goose is eaten at Michaelmas - September 29 in most areas of the country which is the feast of St Michael and All Angels. Michaelmas is a quarter day when tenants traditionally paid their rents. In Victorian times, they often presented the landlord with a goose. Tradition suggests too, that eating goose on Michaelmas Day protects against financial hardship for the coming year.

Nowadays, goose is the only truly seasonal bird and discerning customers recognise its very special appeal for the Christmas period. The first goslings of the year hatch around Easter time and the geese spend most of their lives outside feeding on grass and locally grown corn.

Roast goose contains about 320 calories per 100g/4oz of meat and is a good source of protein and other essential nutrients. Fresh free range geese are available from mid September until Christmas direct from farmers, butchers and food halls - you may need to order early as more people choose goose each year.

For further information please contact  
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BRITISH FREE RANGE GOOSE

How to cook and serve  
goose at Christmas



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