

Chinese Goose

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An excellent way to use up leftover goose, this flavourful recipe combines some delicious Chinese flavours to create a soft, tender goose dish perfect for serving with noodles or rice.

Ingredients:

600g leftover cooked goose, shredded
1 leek, dark green part removed
2 garlic cloves
1 small knob of ginger
5 dried chillies
2 tbsp. red soy, use normal soy if you can't find it
1 tsp. chilli bean sauce
2 tbsp. sesame oil
2 tbsp. sesame sauce

Directions:

1. Toss the goose in the soy and set to one side. Finely shred the leek. Thinly slice the garlic cloves and chop the ginger into matchsticks. Deseed the chillies in half and thinly slice.
2. Heat the oil in a heavy frying pan. Add the chilli bean paste. Once the oil is red, add the leek and cook for 2 minutes, then add the garlic and ginger. When aromatic, add the chillies and fry for another minute.
3. Add the goose and cook for 3-4 minutes or so, then add the sesame sauce and toss to combine. Serve immediately.

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