

Easy Roast Goose

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This is quite a simple roast goose recipe that would be perfect for people who have never cooked a goose before.

Ingredients:

1 whole goose
10 slices stale white bread
150g currants
4 apples
1 tbsp. dried thyme
50g melted butter
500ml chicken stock
2 tbsp. oil

Directions:

1. Cut the slices of bread up into cubes and peel, core and finely slice the apples. Combine the bread, currants, apples, butter and thyme in a bowl. Set to one side.
2. Wash the goose inside and out and pat it dry with kitchen towel. Once dry, stuff the goose with the stuffing and tie the legs. Prick the skin all over with a fork.
3. Preheat the oven to 190C.
4. Heat the oil in a roasting tin on the hob. Brown the goose on all sides in the oil and then drain the fat away. (Keep this handy for tasty roast potatoes.)
5. Place the goose breast side up in the baking tray. Add in around 250ml of the chicken stock and cover it with foil, and then place it into the oven to cook for one hour.
6. Remove the foil and baste the goose by spooning the liquid over the bird. Add more chicken stock if necessary.
7. Continue cooking the bird uncovered for around 15 minutes per 500g of bird. So if your bird weighs 3kg, cook it for a further 1 ½ hours or until the juices run clear.
8. Keep checking the bird at regular intervals, basting it with the cooking juices.

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