

# Easy Slow Cooked Goose

Printed from Goose Recipes at <http://www.gooserecipes.co.uk/>

*This recipe is really simple. Get it started at lunchtime ready for your dinner.*

## **Ingredients:**

2 goose breasts  
750ml chicken stock  
1 large onion  
2 garlic cloves  
4 tbsp. butter  
3 tbsp. Worcestershire sauce

## **Directions:**

1. Finely chop the onion and garlic cloves. Heat the butter in a frying pan and sauté the onion and garlic for five minutes or until softened. Add the goose breasts and fry for 3 or 4 minutes on each side.
2. Place the goose breasts into a slow cooker along with the onions, garlic, melted butter, chicken stock and Worcestershire sauce.
3. Cook the goose for 6-8 hours on a high setting or until the meat falls from the bone.

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