

# Goose Fat Root Vegetables

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

*These vegetables are delicious – plus, cooking everything together makes it very, very easy.*

## Ingredients:

2 celeriac  
6 large carrots  
6 large parsnips  
2 tbsp. plain flour  
4 tbsp. goose fat

## Directions:

1. Peel and chop all of the vegetables into very large chunks.
2. Drop the vegetables into a pan of cold water and then bring them to the boil. Cook for three minutes and then drain and shake the vegetables to rough them up a bit.
3. Heat the goose fat in a 200C oven for five minutes or so until hot.
4. Sprinkle the vegetables with the flour and then place them into the hot goose fat. Turn them over and then put them into the oven for half an hour. Turn them over again, and then cook for a further half an hour.

*Author: Laura Young*