

Goose with Orange, Lime and Fresh Herbs

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This is a bit of a different way to serve goose - it's fresh and summery and is nice and light. Goose can sometimes be a little heavy and rich, so this is an excellent way to prepare it.

Ingredients:

1 whole goose
1 tbsp. freshly chopped thyme
1 tbsp. freshly chopped rosemary
2 tsp. salt
1 tsp. black pepper
1 orange, cut into wedges
1 lime, cut into wedges

Directions:

1. Preheat the oven to 200C. Remove the giblets and excess goose fat from the goose, rinse with water and then pat dry with kitchen paper.
2. Combine herbs and salt and pepper. Rub all over the goose. Place the orange and lime into the cavity of the goose. Turn, breast side up and roast for 15 minutes per 450g plus an additional 20 minutes.
3. Cover the goose with foil and let it rest for half an hour before carving.

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