

Goose with Wild Rice Stuffing

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This is a wonderful recipe for roast goose that has a completely individual flavour. It's also really easy, too.

Ingredients:

1 goose
250g wild rice
1 onion
350g mushrooms
1 egg
Knob of butter
Salt and pepper

Directions:

1. Finely chop the onion and the mushrooms and fry them off in a little oil until sweet and translucent. Cook the rice according to packet instructions and then combine with the onion and mushroom. Cover and cool completely.
2. Combine the cooked rice, mushrooms and onion with the egg. Melt the butter and add this, too.
3. Preheat the oven to 180C and then stuff the goose. Season the insides and outside of the goose with salt and pepper and then seal any cavities by tying them up.
4. Roast the bird for an hour and a half and then baste it with any cooking juices that have accumulated in the tin. Turn the bird over and then cook it for another hour to an hour and a half, until the juices run clear.
5. To crisp the bird up, remove it from the oven and turn the heat up to 220C. Once the temperature has been reached, put the bird back in and cook for 15 minutes.

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