

Roast Goose with Prunes and Hazelnuts

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This tasty recipe is full of flavour. If you don't like prunes, try swapping them for raisins or currants or leave them out entirely.

Ingredients:

1 goose, 5kg
300ml chicken stock
1 tbsp. Worcestershire sauce
2 tbsp. flour
Salt and pepper
1 onion
75g prunes
50g breadcrumbs
50g hazelnuts
1 tbsp. sage
Zest of one lemon

Directions:

1. Finely chop the onion. Chop the prunes and hazelnuts and finely chop the sage. Combine the onion, prunes, breadcrumbs, hazelnuts, sage and lemon zest in a bowl.
2. Spoon the stuffing into the neck end of the goose and then secure the hole with a skewer.
3. Preheat the oven to 220C.
4. Rub half the flour over the skin of the goose and season well with salt and pepper.
5. Cook the goose breast side up in a roasting tin for half an hour.
6. Remove the goose from the oven and then prick the skin with a fork.
7. Turn the heat down to 180C and then cook the goose for a further 1 ½ hours to 2 ½ hours, or until the juices run clear.
8. Cover the cooked goose with foil and then make a quick gravy by whisking the chicken stock, Worcestershire sauce and remaining flour into the cooking juices.

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