

Simple Orange Glazed Goose

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This dish is incredibly tasty – because you're cooking with goose breasts instead of a whole goose, it's pretty quick to cook, too.

Ingredients:

4 goose breasts
Juice of one orange
Zest of one orange
1 tbsp. soy sauce
1 tsp. lemon juice
1 tsp. dark brown sugar
1 tsp. mustard powder
Sea salt
1 crushed garlic clove
Dash of vermouth

Directions:

1. Preheat the oven to 180C.
2. Place the breasts in a baking dish and add the vermouth. Season the breasts with salt.
3. Combine the orange juice, orange zest, soy sauce, lemon juice, sugar, mustard powder and garlic clove in a small bowl.
4. Pour the glaze over the goose breasts.
5. Cook for half an hour or until the breasts are no longer pink in the middle.

Author: Laura Young