

December



Roast Wild Goose

Ingredients:

1 Goose
1-teaspoon sage
1 onion, chopped
1-teaspoon paprika
1 apple, chopped
1-teaspoon pepper
1- teaspoon of salt

1to 2 cups of apple juice or apple cider

Cooking your Goose

First remove giblets, rinse them, put into a small pan, cover with water, add seasoning, like sage or poultry seasoning and simmer for one hour to produce stock for gravy or soup. Cool and store in the fridge to use later if desired.

Rinse the body cavity with cold water and pat dry. Secure the wings against the body with skewers and tie the legs together. Place a cut up apple and onion inside the body cavity. Place bird on a roasting rack, breast side up, or small cake rack, inside a deep roasting pan. Rub the outside with a mixture of one teaspoon each of the spices and place in a pre-heated oven at 350 degrees. Prick skin along each side of the breast and then cover pan tightly with foil.

Allow 20 minutes per pound. Remove foil for last half hour of cooking time. Baste with apple juice occasionally. Discard the fat from the roasting pan. Lift bird carefully onto a carving dish; allow to rest for 20 minutes in a warm place before carving.

(You can substitute duck. Follow the same directions. Baste the bird with the apple juice.)

You can also make a stuffing for this recipe.

Serve with vegetables like carrots, turnip, squash, beans, potatoes.

If you want to make a stuffing for the goose, you can use bread, mushrooms, onion and spices such as summer savory and poultry seasoning.

You can also add traditional foods such as hazelnuts and cranberries to the stuffing.

