



# Perfect Roast Goose

## INGREDIENTS

1 Goose  
Salt and pepper,  
2 Apples (quartered and cored), 2 Onions (quartered and cored), 2 Stalks Rosemary

## METHOD

1. Pre heat oven to 220°C/425°F/Gas 7. Weigh your bird to calculate cooking time.
2. Prick the skin all over with a fork, so that the fat can run out during cooking.
3. Season the goose cavity generously with salt and pepper, insert the apples, onions and rosemary. Finally rub the goose all over with salt.
4. Place the goose on a rack in a large roasting tin and roast in the pre-heated oven for 20 minutes. After 20 minutes, cover the breast in aluminium foil and reduce the oven temperature to 180°C/350°F/Gas 4. *(If you do not have a rack to place your goose on, crumple up a substantial amount of foil and place in the tray under the goose).*
5. Roast for 30 minutes per kg. (Carefully drain off the fat from the roasting tray twice during cooking and reserve for later, use for roasting potatoes).
6. Remove the foil about 20 minutes before the end of cooking time, so that the skin can become crisp and brown. Check that the meat is cooked by piercing the thigh with a skewer.
7. When cooked the juices will run clear. (Note: If you have a meat thermometer, check the internal temperature - it should be 75°C - 80°C).
8. Carefully lift the goose onto a warm serving plate or carving board and cover with foil. Leave for at least 30 minutes to rest, then carve and serve.

## COOKING TIPS

- Baste the goose breast with a little cold water several times during cooking. This will encourage the fat to render the skin to the crisp.
- To give your goose a bright, festive glaze, simply brush the skin of the goose with melted cranberry jelly or sauce, 15 minutes before the end of the cooking time.

## CARVING AND SERVING TIPS

- Always use a suitable carving knife which is adequately sharpened.
- First, sever the legs at the thigh joints (they are well under the back) and set aside.
- Next, make an incision down the middle of the breast bone from end to end. Then cut a 6mm / 1/4 inch thick slice on one side of the breast and then on the other, reversing the bird for the second time.
- It is important to angle the blade of the knife at 90° to the breastbone. Meat can be sliced from the legs to go with each slice of the breast, and also from the wings and fillets after detaching them from the carcass