

### Cooking your Goose

A traditional alternative to a Christmas turkey, goose is packed with flavour, with rich, densely-textured meat. Although it has a high fat content, most of this is under the skin, rather than in the meat, which means that, during cooking, it melts and bastes the breast, keeping it juicy. The extra fat layer, and the fact that it's bonier, with a large rib cage, means that, weight for weight, a goose will feed fewer people than a turkey.

- When storing the goose prior to cooking remove the giblets and the body cavity fat, and store them and the goose separately in the refrigerator.
- Take the goose out of the fridge 1 hour before cooking, to make sure it's room temperature.
- To roast your goose you will need a large, deep meat tin (ideally with trivet or rack), foil, salt and pepper and a stuffing of your choice.
- Place the giblets in 4 pints of water, bring to the boil and then simmer for approx 3 hours. Strain and thicken the stock to make a gravy.
- Prick the skin of the goose, rub salt and pepper over it, brush with olive oil or butter and then sprinkle with herbs if you choose.
- Stuff the goose with your favourite stuffing, or as an alternative fill the body cavity with chopped apple and herbs of your choice and cook the stuffing in a separate dish.
- Place the goose on your rack breast side up, cover meat tin with foil and place in pre-heated oven
- After the first hour baste the goose and make sure the legs are still covered and that the skin is not burning. Pour off surplus fat into a container. For the last half to three-quarter of an hour uncover the breast to brown and baste again, pouring off the surplus fat.
- When cooked place the goose onto a carving dish to rest for approx. 20 minutes before carving - keeping the goose covered.

### Guideline Cooking Times

Cooking temperature is either 200°C / 400°F (Gas Mark 6)

Allow 15 mins per 450g/1lb plus 20 mins.

Approx time      4.50kg/10lb = 3 hours  
                  5.40kg/12lb = 3.5 hours

When cooking your duck the same instructions can be followed. Do not be afraid of over cooking your duck or goose. Their fat layer prevents drying and the crispier the better!