

## **Goose** (Poultry & Eggs)

**Interesting facts:** The goose has been perfectly created to make for the ideal Christmas feast. Geese are ready to be eaten twice a year. Once when they are young or "green" in the early summer and again when they are at their fattest and ripest toward the end of the year after having feasted on fallen corn. It also has the softest fat in its category of animal.

Unlike turkey, roast goose can be served without a sauce, as the meat is moist, but would benefit from the use of chutney made using nuts, and fall fruits (grape juice, apples, pears, figs, walnuts and hazelnuts).

**How to select:** Free Range Geese or order online. Purchase free-range, hormone and antibiotic free.

**How to clean and store:** In the refrigerator for 1-2 days or freeze for 2-3 months.

**How to prepare and cook:** Roast

**Roast:** With an 8-9 pound goose remove and discard neck and giblets from the cavity of the goose, then thoroughly rinse inside and out with cool, running water. Pat dry with paper towels and transfer goose to a roasting pan. Prick goose skin all over with a paring knife then generously season inside and out with salt and pepper. Tuck in legs or tie them together with kitchen twine. Cover and chill overnight.

Set goose aside on the counter at room temperature for 1 hour before you'd like to begin roasting it. Meanwhile, preheat oven to 375 °F and place goose in roasting pan and roast for 30-40 minutes basting 1-2 times. Remove pan and take out the goose fat and place 2 tablespoons of the fat in a bowl with 4 large potatoes cut into large chunks, 1 large shallot and toss in the goose fat. Toss and return them to the roasting pan with the goose. Place cover on goose and continue roasting for 1½ hours basting every 20 minutes.

**Note:** Both ducks and geese are red meat birds—meaning the breasts of both need to be served medium-rare. That's pink, or 140 °F-150 °F for those of you with thermometers.