



~ Goose Cooking Tips ~

Note: When buying whole duck or goose, allow about 1 to 1 1/2 pounds of raw weight per person.

Raw **boneless** meat yields about 3 servings per pound after cooking. Estimate 3 to 4 ounces per person for fully cooked products.

1. **Preheat oven to 400 degrees F.**

2. **Prepare Goose:** Rinse goose thoroughly with clean water, pat dry and rub outside and cavity of goose with salt and a little pepper. After removing the obvious fat, prick the goose all over the skin with skewer or other sharp tool, taking care not to pierce the meat. This gives the remaining fat an escape route during cooking. Save all of your extra fat! It's liquid gold and has so many uses!

3. **Stuffing:** Prepare your favorite stuffing and stuff the goose. From our experience, it doesn't matter what type of stuffing you choose to use, the important thing is that the goose is stuffed. This helps it cook more evenly and helps the meat stay moist and tender.

4. **Put the Goose on a Rack in Your Roasting Pan:** We like to cook the bird breast-side-down so that the breast is cooking in all of the good pan juices and staying moist. But we do this with all of our birds! Turkeys especially!

5. **Add Potatoes and Veggies:** Add some potatoes to the roasting pan so they can cook in the goose fat! This is to die for! You can also add carrots, onions, and whatever else you like to roast with your birds.

6. **Cook Your Goose:** Place goose in oven and reduce heat to 375 degrees F. Cook 2 to 3 hours, depending on size of bird, usually about 20 minutes per pound. Skin should be crispy and dark brown, but not black. Goose is done when legs move easily, and juices run clear and a meat thermometer inserted into the thickest part of the thigh reads 180 degrees. Let rest 15 minutes before carving. Remove stuffing and serve with goose. Enjoy!

Tips For AMAZING Potatoes!

Peel potatoes (if desired) and cut each one into thirds by slicing off each end at a slant so that you are left with a wedge or triangle in the middle. Put the potatoes into cold salted water in a saucepan, and bring to a boil, letting them cook for 4 minutes. Don't overcook or the end result will be mushy. Drain the potatoes in a colander and then return to the empty saucepan, sprinkling them with the semolina. Shake the potatoes around to coat them well and, with the lid on, shake the pan and give the potatoes "a proper bashing" so their edges are a bit blurred. This helps make them crunchy. Add the potatoes to the roasting pan with your goose. - Adapted from the book "Feast" By *Nigella Lawson*