TO ROAST A GOOSE

Instructions for a 4.5 - 5.5kg / 10 - 12lb bird

1. Remove the giblets from the goose - use to make stock for the gravy in the same way as when cooking a turkey (excluding the liver).

2. Rinse inside the goose with cold water, drain well and remove any loose goose fat - but don't throw it away.

3. Remove the crusts from a small loaf of bread and insert into the body cavity of the goose (to soak up the goose fat during cooking) with a roughly chopped onion or some leek tops, 1 sliced dessert apple and some fresh herbs.

4. Lift the neck skin up and cut away the wishbone if preferred, to make carving easier. Beginning first at the top them cutting down and around the bones until the base is reached. Spoon some of your chosen stuffing into the neck cavity then fold the neck flap down and secure in place with the wing tips. Cook the remaining stuffing separately.

5. Weight the goose and preheat the oven to 200⁰c/400⁰F/Gas Mark 6*.

6. Stand the goose on a roasting rack in a large roasting tin. Prick the skin with a needle and rub with salt and pepper. Brush lightly with a little butter.

7. Cover the legs with the reserved goose fat then cover with a double thickness of foil and twist over the edge of the roasting tin.

8. Roast for 15 minutes per 450g / 1lb PLUS 20 minutes*. Baste several times during roasting, making sure that the legs are well covered each time. Open out the foil for the last 30 minutes of cooking to brown the breast.

9. Once cooked (see below), transfer to a warmed serving plate. Cover with foil and leave to rest for 20-30 minutes to make carving easier.

TEST BEFORE SERVING

Test with a fine skewer through the thickest part of the leg through to the breast.
Juices will run clear when ready, if pink, return to the oven and check at 15 minute intervals.

Oven timings and temperatures as recommended by the British Goose Producers

* *Timings above are a guide, oven temperatures vary and power on Christmas Day varies due to high demand. If using a fan assisted electric oven, reduce temperature according to handbook instructions.*