



Schiltz Goose Farms: America's Leading Producer of Geese and Fine Geese Products!

Fricasseed Goose w/ Potato Dumplings

Fricasseed Goose with Potato Dumplings is especially savory served with boiled cabbage.

| Ingredients |
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| Goose back, wings, neck, giblets and heart |
| 1/2 tsp. salt |
| 1/4 tsp. pepper |
| 1/4 tsp. ginger |
| 6 cups water |
| 1 cup sliced onion |
| 2 stalks celery and tops, cut up |
| 1 clove garlic, crushed |
| 2 tsps. chicken seasoned stock base |
| 1 tsp. salt |
| 4 tablespoons rendered goose fat (use drippings from roasting goose) or butter |
| 1/3 cup flour |
| 1 package (10 oz.) frozen peas and carrots |
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| Potato Dumplings |
| 1 cup mashed potatoes |
| 1 egg, beaten |
| 1/2 cup flour |
| 1/2 tsp. dried parsley flakes |
| 1/4 teaspoon salt |
| Dash of nutmeg |

Hold aside the giblets, carcass, wings and any leftover scraps when roasting your goose.

To Prepare Stew:

In a Dutch oven, or large kettle, place goose back, wings, neck, giblets and heart with 1/2 teaspoon salt, pepper and ginger; cover with water.

Add onion, celery, garlic, stock base and salt. Bring to boil. Cover, reduce heat and simmer 2 hours, stirring occasionally. Strain into a bowl.

In Dutch oven, melt fat. Blend in flour, stirring to make a smooth paste. Gradually add strained broth, stirring until smooth. Remove meat from bones; cut up giblets and heart; return to kettle. (Add any leftover roast goose, cut up.)

Add vegetables. Bring to a boil; cover, reduce heat and simmer 15 minutes.

To Prepare Potato Dumplings:

During last 15 minutes of stew's second simmering, combine mashed potatoes, egg, flour, parsley flakes, salt and nutmeg.

Stir with a fork until well blended. Drop by tablespoonful into boiling stew. When dumplings rise to surface, cover and simmer 12-15 minutes.

To test for doneness:

Remove 1 dumpling and separate with 2 forks.

To serve:

Spoon dumplings into large soup bowls. Ladle goose mixture over dumplings. Makes 6 servings of 2 dumplings each.

Additional Recipes: www.gooseproducts.com