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Glazes for Geese (Roast Goose)

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By Richard Swearingner

Ingredients (12-16 Servings)

Holiday Roast Goose

Prep: 30 minutes

Roast: 3 hours

Stand: 15 minutes

1 10-to-12 lb. domestic goose

1 tsp. dried marjoram,
crushed

¼ to ½ tsp. black pepper,
coarsely ground

1 recipe Herb Glaze or
Ginger-Honey Glaze

Herb Glaze

¾ cup orange marmalade

¼ cup fresh parsley, snipped

1 tsp. black pepper, ground

Ginger-Honey Glaze

1 cup Honey

¼ cup dijon mustard

2-3 tsp. grated fresh ginger

Preheat the oven to 350 degrees. Rinse goose; pat dry with paper towels. Remove excess fat from cavity and neck. Sprinkle body cavity and rub the outside of the skin with marjoram and pepper.

Skewer neck skin to back; tie legs to tail using 100 percent cotton kitchen string. Twist wings under back. Prick entire surface of bird with a fork.

Place goose, breast side up, on a rack in a shallow roasting pan. Insert a meat thermometer into thigh meat (bulb should not touch the bone).

Roast, uncovered, for 3 to 3 ¾ hours, or until the thermometer registers 180 degrees, drumsticks move easily in sockets, and juices run clear. Using a basting bulb, carefully remove and discard the hot, liquid fat as it accumulates during roasting.

Baste goose with about 1/3 cup of Herb Glaze or Ginger-Honey Glaze during the last 15 minutes of roasting. Add vinegar or broth to remaining glaze as directed.

Reheat glaze to serve as a sauce. Cover goose, let stand for 15 minutes before carving.

To serve, carve goose; pass remaining glaze to drizzle over sliced goose.

HERB GLAZE:

In a small bowl, stir together ¾ cup orange marmalade, ¼ cup snipped fresh flat-leaf parsley, and 1 teaspoon ground black pepper. After glazing goose, stir 1 tablespoon white vinegar into remaining mixture before passing as a sauce.

GINGER-HONEY GLAZE:

In a small saucepan stir together 1 cup honey, ¼ cup Dijon-style mustard, and 2 to 3 teaspoons grated fresh ginger. Heat through. After glazing goose, stir 1 to 2 tablespoons chicken broth into remaining glaze before passing as a sauce.

Each serving with glaze: 1026 cal., 83 g total fat (25g sat. fat), 225 mg chol., 187 mg sodium, 16 g carbo., 0 g fiber, 49 g protein. Daily Values: 3% vit. A, 21% vit. C, 4% calcium, 40% iron.

Additional Recipes: www.gooseproducts.com