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

Roasted Goose with Crispy Skin

From Food & Wine - December 2005 Issue

By Master Cook: Jacques Pépin

Ingredients (Serves 6)

Active Time: 30 min;
Total: 3 hr 20 min
Plus overnight drying

1 One 12-pound goose,
neck and giblets reserved,
visible fat removed

Salt and
freshly ground pepper

4 ¼ cups warm water

1 ½ tablespoons honey

1 teaspoon Tabasco

1 teaspoon potato starch
dissolved in 2 tablespoons
red or white wine

Separate the skin from the meat, then steam the goose before roasting – an adaptation of a Chinese technique that helps the bird baste in its own fat and ensures crispy skin.

ROAST THE GOOSE:

Beginning at the neck end, work your fingers under the goose skin, snipping any fibers and sinews with kitchen scissors; work your fingers as far down over the thighs as possible. Using a sharp knife, cut halfway through the wing and leg joints to help the bird cook evenly. Generously season the goose inside and out with salt and pepper.

Set the goose on a rack in a heavy roasting pan, breast side up. Add the neck, gizzard, and liver and 4 cups of the water to the pan. Cover the goose with foil and seal the foil all around the edge of the pan. Bring the water to a boil. Reduce the heat to low and steam for 45 minutes. Remove from the heat and let cool. Transfer the rack with the goose to a rimmed baking sheet and refrigerate uncovered overnight, until the skin is very dry, like parchment. Strain the pan juices and refrigerate. Bring the goose to room temperature before roasting.

Preheat the oven to 350 degrees. In a bowl, mix the honey with the Tabasco and the remaining ¼ cup of water. Return the rack to the pan and roast the goose for 1 hour, basting occasionally with the Tabasco mixture. Carefully turn the goose breast side down. Roast for about 30 minutes longer, basting occasionally. The is done when an instant-read thermometer inserted in the inner thigh registers 170 degrees. Turn off the oven and let it cool to 160 degrees. Transfer the goose to a heatproof platter, breast side up. Return the goose to the oven and let it rest for 20 minutes.

MEANWHILE, MAKE THE JUS:

Pour off the fat in the roasting pan. Scrape the solidified fat off the refrigerated pan juices and refrigerate for another use. Add the juices to the pan and bring to a boil, scraping up any browned bits on the bottom. Pour the juices into a small saucepan. Stir in the potato starch slurry and simmer, stirring, until slightly thickened, about 1 minute. Season the jus with salt and pepper and strain it into a gravy boat. Carve the goose and pass the jus at the table.

WINE:

Rich goose pairs well with a voluptuous Pinot Noir like the 2003 Picchetti Winery Truchard Vineyard, loaded with the earthy black cherry fruit, or the spicy, aromatic 2003 Handley Mendocino County.

Additional Recipes: www.gooseproducts.com