

Goose Steaks

You can prepare these over a campfire, on a grill, or in a sauté pan at home. Serve with baked or sautéed yams and a side salad of field greens or spinach with pine nuts and dried cranberry for an elegant and perfect holiday meal.

1. Apple cider vinegar to cover (marinade)
2. 1 tablespoon butter
3. 1-2 tablespoons olive oil
4. 1 goose breast
5. 6-8 slices of fatty bacon
6. 3 cloves garlic (optional)
7. Splash of dry white wine (optional)

Pound or butterfly the goose breast into thick slices/steaks (about 1/4 inch thick). Marinating the meat in a good quality apple cider vinegar for 2-3 hours (refrigerated) adds a lot to the flavor and tenderness.

Wrap the goose steaks with bacon strips and skewer. If you like extra zing, place slivers of garlic between the bacon and the goose steak.

Melt 1 tbsp butter and 1-2 tbsp olive oil in a hot skillet and add goose steaks. Fry quickly, turning frequently, until bacon is beginning to crisp and goose is browned. Meat should be rare to medium rare at this point.

If you like it medium or well done, add a splash of white wine and cover to finish off stovetop or wrap in foil and bake at 350 about 3-5 minutes (or wrap in foil and hold in skillet on top of campfire) until it's done to your taste.

ENJOY!