

Goose with Stewed Beans and Chorizo

From the French Culinary Institute

8 servings

The Goose Confit Marinade

1 tablespoon salt (for every 675 grams meat)
2 shallots, ciselées
2 tablespoons chopped parsley
1 tablespoon mignonette black pepper
1 bay leaf, crumbled
1 garlic clove, peeled and chopped
1 tablespoon thyme leaves
4 goose legs or a quartered whole goose, trimmed

The Cooking

1 ½ liters goose or duck fat
1 head of garlic, split in half
2 cloves

The Bean Stew

Bouquet garni
500 grams great northern or cannellini beans
½ onion, studded with 2 cloves
1 carrot, quartered lengthwise
1 small branch celery
4 garlic cloves, peeled and de-germed
Bouquet garni
Chicken stock or water
Salt and freshly ground black pepper
300 grams chorizo
30 grams butter
1 small onion, cisèle
1 clove garlic, de-germed and minced
85 milliliters white wine
750 grams tomato, emondé, and concassée
Bouquet garni

Procedure

For the Confit Marinade

1. Calculate the amount of salt required and mix with the remaining ingredients.
Rub the mixture into the pieces and refrigerate, covered, for 24 hours.

For the Cooking

1. Rinse the pieces off well and pat dry.
2. Heat the fat in a medium-size marmite until it melts. Slip the pieces of goose into the fat and add the garlic stuck with the cloves.
3. Cook the goose for approximately 2 ½ to 3 hours, keeping the temperature of the fat at around 190 degrees, or until the meat is very tender.
4. Let the meat cool in the fat before using, or refrigerate until the next day. Use this confit within a week.

For the Bean Stew

1. Soak the beans overnight or cover with cold water, bring just to a boil, and let steep for 1 hour. In either case, always pick through the beans first to remove broken pieces or stones and rinse before soaking.
2. Drain the soaked beans and place in a small russe or large sautoir, add the aromatics, and cover with liquid of choice by 1 inch. Bring to a boil, skim, and simmer for 1 to 1 ¼ hours, seasoning halfway through the cooking. When the beans are cooked, remove the aromatics, check the seasoning and keep warm.
3. Cut the chorizo in ¼-inch thick slices and sauté gently in the butter until lightly browned. Remove the chorizo from the pan and soften the onion and garlic in the remaining fat. De-glaze with the wine, add the tomatoes and the bouquet garni and reduce until almost dry. Cook gently until most of the liquid has evaporated, and then add to the beans (minus the bouquet garni).

For Service

1. Heat some of the confit fat in a sauteuse and lightly brown a portion of the goose. Place in the oven for approximately 10 minutes to ensure that the meat is heated through, especially if it had been refrigerated.
2. Serve the goose in large pieces or sliced accompanied by the beans.