

OLD-FASHIONED GOOSE GIBLETS & BARLEY SOUP

2 tbsp rendered goose fat (can use dripping from roasting goose)
1 cup sliced onion
Goose giblets, neck and carcass
5 cups water
1 tsp salt
½ tsp salt
1/2 tsp celery salt
1 can (lb) tomatoes, cut up
1 cup pearl barley
1 tsp beef stock base
½ tsp thyme

The Giblet and Barley soup is hearty enough to be a meal in itself.

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

Melt fat in a Dutch oven or large kettle.

Sauté onions until limp but not browned. Add giblets, neck, carcass, water, salt and celery salt. Bring to boil. Reduce heat, cover and simmer 1 hour.

Remove meat and bones with slotted spoon. Cut meat off neck and carcass and finely chop giblets; return meat to kettle.

If desired, add leftover cut-up roast goose.

Add tomatoes, barley, beef base and thyme.

Return to a boil, cover and simmer 1 additional hour.

Makes about 2 quarts.