

## **Roast Goose with Cumberland Sauce and Apricot Stuffing**

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### **From Restaurant Business, October 1, 2002**

1 goose, thawed if frozen (about 12-14 lbs.) See Note  
Cumberland Sauce (see recipe)  
Apricot Stuffing (see recipe)

1. Remove neck and giblets and excess fat from goose body cavity and reserve for other use. Rinse and pat dry.
2. Pre-heat oven to 400 degrees F. Meanwhile, fill the goose with cut-up turnips, citrus, vegetables, spices, and fresh herbs for desired taste. Fasten neck skin to back and tie legs together. Place goose, breast side up, on rack in shallow pan. Pierce skin all over using a fork. Insert thermometer deep into inside thigh muscle.
3. Roast goose, uncovered for about 1 ¼ hour. Reduce oven temperature to 325 degrees F and continue roasting about 2 ½ to 2 ¾ hours, until the thermometer registers 185 degrees F. During roasting, spoon or siphon off accumulated fat every half hour.
4. Serve with Cumberland Sauce and Apricot Stuffing.

**Note:** A 10-14 lb. goose will take 2 – 2 ½ days to thaw in the refrigerator and 5 – 7 hours to thaw in cold water – in its original wrapping – changing the water every 30-60 minutes. Once thawed, keep refrigerated or cook immediately. Allow about ¾ lb. for each 4 ounce serving (frozen weight as purchased). The meat is rich and will go farther than chicken or turkey.

#### **Cumberland Sauce:**

1 cup beef broth  
1 cup red currant jelly  
1 orange rind, slivered  
1 orange, juiced  
1 lemon, juiced  
2 tsp. Dijon mustard  
½ tsp. ground ginger  
Salt and pepper to taste

Combine all ingredients in 1 quart saucepan. Bring to boil, reduce heat and simmer 5 minutes.

Yield: 2 ¾ cup

#### **Apricot Walnut Stuffing**

1 cup canned apricots, drained  
¼ cup melted butter  
6 cups cubed day-old bread

1 cup chopped walnuts  
½ cup golden raisins  
1 tsp. salt  
½ tsp. poultry seasoning  
¼ tsp. pepper

Dice apricots. In bowl, pour melted butter or margarine over bread cubes. Combine with apricots and all remaining ingredients. Toss well.

Yield: Enough stuffing for a 12-lb. goose.