

**Kathryn's Roast Goose Supreme  
With Plum Sauce  
and  
Marcia's Sage Stuffing**

**Kathryn Schiltz and Marcia Schiltz  
(Family Matriarch / Daughter-in-law)**

After generations of roasting geese, here is our favorite way to roast and serve goose.

**Ingredients List:**

**1 Goose**

**For Stuffing:**

**1 Loaf of Bread – torn into 1” chunks  
1 Medium Onion – diced  
1 to 2 cups Celery – diced  
Butter – enough to sauté onion and celery  
4 Eggs – slightly beaten  
4 cups Chicken Broth  
Salt and Pepper to taste  
2 TBSP Sage (approx.)**

**Marcia's Note:** This makes enough to fill a 13-14 lb. goose. I stuff my goose, and then any leftover stuffing that does not fit in the goose can be put in a glass baking dish and placed in the oven with the goose for the last 1 hour of cooking time. Allow 1½ hours for cooking if you like your stuffing crispier.

**Kathryn's Note:** I cook all of my stuffing separately.

**Family's Note:** Either way, delicious!

**For Fruit Sauce:**

**2 cups Plums, halved or quartered - fresh, frozen, or canned will work  
(if using canned fruit, use juice also, allowing 1 TBSP cornstarch for every ½ cup of total liquid)  
¼ cup Sugar (or to taste)  
½ cup Water  
1 TBSP Corn Starch**

**Kathryn's Note:** This is a simple plum sauce that we use as a condiment for our carved goose. I use frozen plums that I have saved from our tree. Apricots, cherries, or other tart fruit you would like to substitute would go well with goose.

## **Kathryn's and Marcia's Roasting Instructions:**

Thaw your goose in the refrigerator – this will take 1 to 2 days, depending on the size of goose you choose. Or you can thaw in cool water – 4 to 8 hours depending on the size of goose.

Once your goose is thawed and you are ready to roast, preheat your oven to 350° F.

Remove neck and giblets from body cavity and refrigerate until ready to use. Then remove excess fat from body cavity and neck skin, rinse bird and drain goose.

Prick entire goose several times with a fork, being careful to pierce the skin but not the meat.

If you choose to stuff your goose, fill neck and body cavity loosely. The stuffing will slightly flavor your goose meat.

Cover bottom of roaster pan with water.

Place goose, breast side up, on rack in roasting pan and cover with foil. Remove foil for the last hour of cooking, to brown and crisp up the skin.

Allow about 25-30 minutes per pound for a stuffed goose and 18-22 minutes per pound for an un-stuffed goose. Continue roasting until a meat thermometer placed deep into the thigh (without touching the bone) registers 180-185° F.

Allow goose to cool slightly before carving.

Refrigerate leftovers – we use them to make Grandma Schiltz's Goose Sandwiches.

## **Marcia's Stuffing Instructions:**

Sauté celery and onions in butter until onion is translucent. Tear entire loaf of bread into 1" chunks and place in a large mixing bowl. Stir in sautéed vegetables, eggs, chicken broth, salt, and pepper. Sprinkle enough sage to cover top of entire mixture - approximately 2 tablespoons. Stir in sage and stuff cavity of goose with mixture.

## **Kathryn's Plum Sauce Instructions:**

Place plums, sugar, water, and cornstarch in sauce pan and cook over medium heat, stirring constantly, until sauce thickens and clears. Serve over sliced goose.