



WILD. NATURAL. SUSTAINABLE.

Super Crispy Roasted Goose with Wild Rice

• Prep Time: 2 hours • Yields: 8 -10 servings

Ingredients:

- 1 Fossil Farms' Whole Goose average 9 lb.
- 1 ½ cups wild rice
- 5 cups cold water
- 1 tbsp. butter
- 1 onion, chopped
- 2 ½ cups fresh sliced shiitake mushrooms
- 1 egg
- ½ tsp. salt
- ½ tsp. black pepper
- 1 tbsp. poultry seasoning
- 2/3 cup dry sherry
- 2 cups giblet gravy

Equipment:

- Oven
- Paring knife
- Skewer
- Large pot
- Large roasting pan
- Skillet
- Measuring cups & spoons
- Medium large pot
- Cutting board

Method:

1. Carefully prick the goose on all sides with a skewer, taking care to avoid piercing the flesh.
2. Fill a pot large enough to hold the goose 2/3 full of water, and bring to boil.
3. Submerge bird, neck-side down, for 1 minute, until goose bumps arise on the goose.
4. Turn goose, tail-side down, for 1 minute, and repeat the process.
5. Remove goose from the pot, and drain. Place breast-side up on a rack in a large roasting pan.
6. Set in the refrigerator, uncovered, to dry the skin for 24 to 48 hours.
7. Cook the rice the night before roasting the goose: place the rice in a medium pot with 5 cups of water, and bring to a boil.
8. Reduce heat to low, cover, and simmer for 45 minutes. Refrigerate overnight.
9. The next day, preheat oven to 350°F.
10. Melt the butter in a skillet over medium heat, and cook the onion until tender.
11. Mix in cooked rice, mushrooms, and egg. Season mixture with poultry seasoning, salt, and pepper.
12. Sprinkle the goose inside and out with salt and pepper. Fill goose cavities with the stuffing.
13. Seal cavities with kitchen twine, and place goose, breast side up, on a rack in a shallow roasting pan.
14. Roast for about 2 hours or 20 minutes per pound. If the skin begins to brown too much, cover loosely with foil.
15. When times up, transfer the roasted goose to a cutting board and let rest 15 minutes.
16. Remove stuffing to a bowl, carve goose, and enjoy!

