

How to cook a Goose Breast

When your Goose Breast Arrives

The Goose Breast will arrive frozen and is best stored in the freezer until you are ready to cook. Remove it from the freezer the day before you plan to cook it and leave it to defrost in the fridge.

Method

1. On the day you plan to cook your Goose Breast remove it from the fridge and allow to reach room temperature.
2. Carefully slice the fat covering, being careful not to slice through to the flesh. Then season the skin generously.
3. Take a heavy cast iron pan and place on a medium heat. Place the Goose Breast in skin side down. Cook the skin until it crisps, being careful not to burn it, this may take around 5 minutes.
4. Flip over and seal the flesh side of the Breast for around 2-3 minutes.
5. Pop the Breast into a preheated oven set to 180°C and cook for about 15 minutes.
6. Using a meat thermometer, the temperature in the thickest part of the breast should be 55°C. Or if you use a small knife or skewer on piercing the meat, the juices should run.
7. Leave to rest for 15 minutes, then slice and serve.

