



How to cook a Whole Goose

When your Whole Goose Arrives

Remove the goose from its paper wrapping, making sure you keep hold of the exact weight of the bird (*you'll find this on the card label slipped under the string*).

Place the Goose onto a wire rack and sit the rack on a plate. Pop the plate into the bottom of the fridge, making sure you have allowed space around the bird for the air to circulate.

It is really important to make sure your bird stays cold and dry.

On the day you plan to cook your Goose, remove it from the fridge and let the meat come up to room temperature.

Preparing your Goose

Give the Goose plenty of time to come up to room temperature. Pat the skin off making sure it is lovely and dry, if you want to create crispy skin with yielding meat, it is imperative the bird is dry.

Take the Goose and pierce the fattiest parts of the underside of the bird. You are aiming to pierce just the skin and fat, without puncturing the flesh. Give the parsons nose a thorough pierce, however, leave the breast intact.

Season the cavity and then fill generously, without overpacking, with your choice of stuffing.

Season the bird with sea salt and a light twist of black pepper.

Place the Goose on a rack and then place the whole thing into a roasting tin. The rack is in place to allow the fat to render in the pan, without stewing the bird (*halfway through cooking you can add roast potatoes into the fat-filled pan*).

Method

1. Preheat your oven to 200°C/400°F/Gas Mark 6.
2. You'll want to crisp the skin first for 30 minutes and then turn down to 180°C. Cook at this temp for approximately 20 minutes per kilo.
3. Have to hand a sheet of tinfoil, if the skin starts to brown too much, lightly cover the Goose with the foil, making sure you then remove the foil for the last ten minutes of cooking, to re-crisp the skin.
4. The best indication that your bird is cooked is when it's easy to shake hands with it. Grab a tea towel or an oven glove and gently twist the drumstick to the side. As soon as it 'gives', this is the best indication the bird is cooked. You can also put a skewer into the thickest part of the thigh, the juices should run just slightly pink.
5. When ready remove from the oven and allow to rest uncovered somewhere warm for around 30 minutes.
6. At this point drain the fat from the Goose. Please don't throw this away, it is simply heaven on earth and perfect for roast potatoes.