

Whole Goose Preparation

- Defrost goose in refrigerator for 2 days. Check bird 1 day before cooking to ensure it will finish thawing in refrigerator. It may need to be moved to counter or sink to thaw completely.
- If pulling directly from refrigerator before cooking, pull out with enough time to allow 3-4 hours to come to room temperature.
- Remove neck and giblets from inside of cavity.
- Remove loose fat from inside of cavity.
- Optional: trim excess fat from around the neck and tail, leaving enough around neck to cover cavity. Save for rendered fat.
- Optional: break off wing tips. Save for gravy.
- Score the skin by poking or slicing the skin at an angle so as to not puncture the meat - only the skin. Score the skin in a pattern or randomly, but keep in mind the marks will show as the goose roasts. Scoring the skin will allow the immense amount of fat to release.
- In addition to scoring, you can use your hand to separate the skin from around the meat by sliding it between to loosen. The skin is thick, so it's fairly easy to do without tearing.
- Salt the skin generously and season with additional spices as desired. The salt will help the skin crisp as it roasts.
- Fill cavity with citrus and or herbs as desired. Keep the flavor profile in mind if you plan to use the drippings for additional cooking uses.
- Place on a roasting rack in a roasting pan and place in the oven preheated to 325 degrees.
- Roast for about 45 minutes or until internal temperature of breast reaches 130-140 degrees on a meat thermometer (for medium rare, which is recommended). Keep in mind breasts will continue to cook slightly once pulled and reheated. When poked the breast should release a translucent juice with a slight amount of blood.
- Recommend slicing off the breasts at this point and setting aside in a small amount of the fat and drippings from the pan to keep them moist (let the the drippings cool some before putting the breasts in, so it doesn't cook the breast meat).
- Put the goose back in oven and continue to roast at 325 until skin is golden and leg meat is tender. You should be able to pull it from the goose with a fork with ease. You can baste the open areas as it roasts to keep the meat moist.
- If needed, once cooking is complete, a more golden and crisp skin can be achieved by putting the broiler on high and broiling bird, thigh side up, for 2-3 minutes.
- When ready, pull the goose from the oven and tent very loosely with foil. Let rest 15-20 minutes before carving.
- While resting, reheat the breasts by adding a small amount of the rendered fat from the roasting pan to a skillet over medium to medium-high heat. When pan and oil are hot you will feel the warmth with your hand held 8 inches over the pan. If the oil starts to smoke, it is too hot.
- Place the breast skin side down and let sizzle for 2-4 minutes. The meat should warm through without needing to be flipped and the skin should get dark golden and crispy.

Additional Tips:

- Pairs well with potatoes fried in goose fat.
- Simmer excess fat and trimmings in water to render fat for future cooking.
- Save the fat in the roasting pan, rendered from roasting, for future cooking. Chill to separate fat from liquid and refrigerate or freeze.
- Use neck and wing tips (and giblets if not using for other cooking) for gravy.
- Save carcass and use to make goose broth.
- Store extra meat in fat to keep moist while being stored and reheated.
- Try poaching bird first to help create tenderness before roasting if you do not want to carve off breast before full goose is complete.
- The goose meat is pink/dark brown and more similar to a beef roast than other poultry.