



Hostingley Farm Free Range *recipes*

Crispy Goose Cakes:

Ingredients:

- 6oz / 170gms cooked goose meat – chopped
- 12oz / 340gms cooked potato
- 1 large red onion – chopped
- 1 fresh red chilli finely chopped (optional)
- 1 egg Salt and pepper (I prefer freshly ground black pepper)
- Goose fat or mild olive oil

Method:

- Fry onions in a little goose fat or olive oil, until golden brown.
- Add onions to the goose meat, potato, chilli and season with salt and pepper. Mix well.
- Add enough egg to bind the mixture together.
- Shape into cakes (approximately 6) and fry in the goose fat or olive oil until golden brown on the outside and hot in the middle.
- To make the cakes really crisp they can then be baked in a moderate oven for 8-10 minutes.

Tip

I like to serve with a green leaf salad and a tangy fruit chutney or relish.

