



# Hostingley Farm Free Range recipes

## How to cook your Hostingley Farm fresh free range goose

### STORING

As soon as possible after purchase remove all packaging and the vacuum packed giblets and fat from your goose. Store them separately in the refrigerator, avoiding contact with other food. The bird is best cooked within 2 to 3 days of purchase.

### ROASTING

For best results it is important not to over cook your goose.

The following information is only an approximate guide. Oven temperatures vary greatly and serving quantities depend on individual appetites and 'leftover' requirements.

**Oven Temperature 200°C / 400°F Gas Mark 6**

Allow 15 minutes per 450 kg / 1 lb plus 20 minutes.

Goose Weight	Serving Quantity	Approx. Cooking Times
4.5kg / 10 lb	4 people	2 ½ - 3 hrs
5kg / 11 lb	6 people	3 hrs
5.5kg / 12 lb	6 – 8 people	3 - 3 ½ hrs
6kg + / 13lb +	8 – 10 people	3 ½ hrs - 4 hrs

Remember when calculating goose cooking times, the purchase weight of your goose includes the giblets and some fat.

Remove the goose from the fridge approximately 2 hours before cooking, to allow it to reach room temperature.

Preheat the oven to MAXIMUM temperate.

Prepare the bird by adding leaks or onions, fruit such as apples, oranges, lemons, plus herbs of your choice, to the body cavity (first squeeze a little of the juice from the fruit on to the goose and rub it into the skin). If you prefer



## Goose continued...

to cook stuffing inside the bird, this can be added to the neck cavity – please allow for the added weight of this when calculating cooking times.

Prick the skin of the goose taking care not to pierce the flesh. Rub salt and pepper into the skin and brush with melted goose fat or butter, cover the breast and legs with strips of (un-smoked) streaky bacon. To prevent the legs over cooking they should also be wrapped in foil.

Place the goose breast side up on a trivet or rack, in a deep sided roasting tin and cover loosely with foil.

Put the goose into the preheated oven and IMMEDIATELY TURN THE OVEN TEMPERATURE DOWN to 200°C / 400°F (a little less if fan assisted) Gas Mark 6.

After 1 hour remove the foil and baste the goose with the juices, making sure that the skin is not burning. Pour off the surplus fat and save (use it to make great roast potatoes and vegetables). Replace all the foil and return the goose to the oven. Repeat this process at regular intervals (approximately every 30 minutes) and adjust oven temperature and timings accordingly.

For the last 30 minutes of cooking time, remove the foil from the breast of the goose to allow the skin to brown. Baste and pour off any surplus fat.

To test that your goose is cooked insert a skewer into the inner thigh meat, the juices should run clear. If there are any traces of 'pink' in the juices, return it to the oven for a little while longer and test again. 'Pop up' goose timers available at the farm when collecting your goose, can help with this process.

When cooked remove your goose from the oven, place on a warmed serving dish, cover loosely with foil and keep warm. Allow the goose to 'rest' for approximately 30 minutes.

To make the perfect gravy, remove the giblets from their vacuum packaging and gently simmer in approximately 2 pints / 1 litre of water for 1 hour. Add this to the goose juices left in the roasting tin (fat removed), strain and thicken to taste using your own preferred methods.

**All you need to do now is carve, serve and ENJOY !!!**

## Fruit sauce

Every one at Hostingly Farm loves their goose served with fruit sauce, made from apples or gooseberries. Simply simmer the prepared fruit with a little water and sugar, (how much depends on individual taste), puree and serve in a warm sauce boat.

