

Roast Goose Recipe

- by Venus Shade

1 whole goose

Kosher salt

Freshly ground black pepper



1. Rinse and dry the goose, rub it inside and out with salt and refrigerate uncovered for at least 6 hours, or overnight. The next morning, rub goose well with paper towels, then allow it to sit on a rack in the kitchen for about an hour, to come to room temperature. Trim wing tips and excess fat from goose and reserve for another use.

2. Preheat oven to 325. Using a sharply pointed knife, prick the skin of the goose all over, to allow the fat to run when it roasts. Stick the skin at an angle, so as to pierce just the skin and not the meat of the bird. Season the goose with salt and pepper, then place the rack in a deep roasting pan, and cook for one hour

3. After an hour's roasting, remove the goose from the oven, and pour off the fat from the pan, reserving for another use. Put the goose on its back on the rack in the pan and roast for another hour.

After the goose has roasted for 2 hours total, reduce oven to 275 and continue roasting approximately 30 to 45 minutes, about 15 minutes per pound total, or until an instant-read thermometer registers 165 degrees at the center of the breast. Remove goose to a carving board and allow to rest for 20 to 30 minutes before carving. The bird may be served at room temperature if you like.

Side Dish Suggestions

Potato and Sausage Stuffing

Arugula Fennel Salad

Baked Sweet Potatoes

Peas & Carrots in Thyme-infused Butter

Crispy Roasted Potatoes

Blackberry Dessert Ideas

Blackberry Cobbler

Blackberry Cheesecake Brownies

Blackberry Pie

Blackberry Pie Bars

Blackberries are linked to St. Michaelmas Day because this holiday celebrate Saint Michael, the archangel who threw Lucifer out of Heaven and, purportedly onto a thorn covered blackberry bush. He was instantly angry about this and spit on, kicked and cursed the bush. Folk lore says that this is the last day of the season to eat blackberries.



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