



Tips for Preparing & Cooking your Fosse Goose

Prepare Your Bird

1. Calculate the cooking time (see Guideline Roasting times). Bring the goose to room temperature and remove any giblets or pads of fat from inside.
2. Using a sharp knife, lightly score the breast and leg skin in a criss-cross. This helps the fat to render down more quickly during roasting. Use the spare fat to cover the legs of the goose.
3. Grate the zest of a lemon and a lime. Mix with 2 tps of fine sea salt, 1 tsp of five-spice powder and pepper to taste. Season the cavity of the goose generously with salt, then rub the citrus mix well into the skin and sprinkle some inside the cavity.
4. Stuff the zested fruit and herb sprigs inside the bird and set aside for at least 15 mins. Can be done up to a day ahead and kept refrigerated.

Cook Your Bird:

1. Place in 240 degree pre-heated oven for 20 mins to sizzle.
2. Reduce oven to 190 degrees and baste.
3. Cook for approx. 20 mins per kg for medium-rare, or 32 mins per kg for more well-done (plus 30 mins resting time). Cover the goose with foil if it is starting to brown too much.
4. Every 30 mins or so, baste the bird with the pan juices, then pour the fat through a sieve into a large heatproof bowl. You will end up with at least a litre of luscious fat – save this for the potatoes and other vegetables.
5. At the end of the cooking time, leave to rest for at least 30 mins, covered loosely with foil. The bird will not go cold, but will be moist and much easier to carve.

Guideline Roasting Times

All cooking appliances vary in performance, these are guidelines only.

Cook for 20 mins at 240°C / Fan 220°C/Gas 9 then reduce to 190°C/fan 170°C/Gas 5 and cook for:

20 mins per kg for medium-rare

**32 mins per kg for more well-done
plus 30 mins resting.**

Carving Tips:

Goose breasts are shallow, so take a sharp, long thin-bladed knife and angle it at about 90 degrees to the breastbone, carving from the neck end. Detach the legs, then slice off the thigh meat.

What to do with the giblets - Gravy Tips:

1. Remove the liver from the giblets. Place giblets in a mini casserole dish with your leftovers in the fridge e.g. celery, carrot, half an onion, bunch of herbs (thyme, bay and parsley go well!)
2. Place giblets in a mini casserole dish with remnant vegetables i.e. celery, carrot, half an onion, bunch of herbs (thyme bay and parsley). Cover with water and add to the oven when you put the oven on and then cook them with the turkey - simple!
3. Once the goose is resting out of the roasting pan, add the giblets and stock you have made from the roast, to deglaze a pan with some wine. Bring juices to a sizzle on the hob, reduce down and strain for a delicious gravy.