



Goose Stew with Barley and Celery Root

 Very Healthy

READY IN



180 min.

SERVINGS



4

CALORIES



1270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 7 cups beef stock
- ☐ 1 cup carrots peeled sliced
- ☐ 1 celery root peeled cut into 1-inch cubes
- ☐ 2 teaspoons marjoram dried
- ☐ 3 tablespoons butter unsalted
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 2 pounds goose
- ☐ 4 servings salt and pepper freshly ground

- ☐ 1 pound mushrooms whole yellow halved (such as foot chanterelle or beech)
- ☐ 1 cup quick-cooking barley
- ☐ 4 tablespoons cream sour
- ☐ 1 large onion white yellow sliced

Equipment

- ☐ bowl
- ☐ pot
- ☐ dutch oven

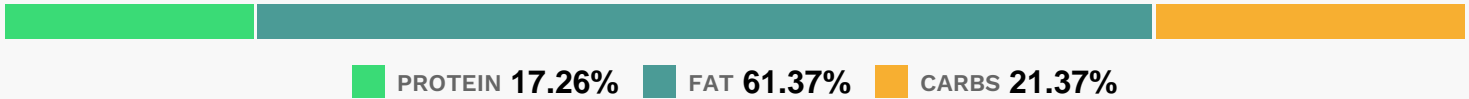
Directions

- ☐ Trim the legs of any excess fat. In a Dutch oven or other large, heavy pot with a lid, heat the duck fat over medium-high heat.
- ☐ Add the legs and brown them, salting them as they cook. Take your time to get them well browned.
- ☐ Transfer them to a plate and set aside.
- ☐ Add the onion and mushrooms to the pot, turn the heat to high, and stir to combine. Sauté for 6 to 8 minutes, until the onion begins to brown.
- ☐ Add the marjoram, return the legs to the pot, and then pour in the stock. Bring to a simmer, cover, and cook for 2 to 3 hours, until the meat is tender. If a lot of fat begins to accumulate on the surface of the stew, skim it off.
- ☐ When the goose legs are tender, remove them, let them cool a bit, and then pull all of the meat off the bones. Return the meat to the pot.
- ☐ Add the barley, carrots, and celery root, stir well, and cook for about 30 minutes, until the barley and celery root are tender. Season with salt.
- ☐ Serve garnished with the dill and a sprinkle of black pepper, and top each bowl with a dollop of sour cream at the table.
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Beard Award for Best Blog in 2013 and the IACP Best Food Blog award in both 2010 and 2011

☐ Shaw has been featured on the Travel Channel's Bizarre Foods and his work has appeared in Food & Wine, Organic Gardening, Field & Stream, and the Art of Eating, as well as hunting and conservation magazines such as Delta Waterfowl, California Waterfowl Magazine, and Pheasants Forever. He lives in the Sacramento, California area. Learn more at www.honest-food.net.

Nutrition Facts



Properties

Glycemic Index:38.96, Glycemic Load:6.82, Inflammation Score:-10, Nutrition Score:55.62130467788%

Flavonoids

Apigenin: 3.92mg, Apigenin: 3.92mg, Apigenin: 3.92mg, Apigenin: 3.92mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.97mg, Isorhamnetin: 1.97mg, Isorhamnetin: 1.97mg, Isorhamnetin: 1.97mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.08mg, Quercetin: 8.08mg, Quercetin: 8.08mg, Quercetin: 8.08mg

Nutrients (% of daily need)

Calories: 1269.92kcal (63.5%), Fat: 89g (136.92%), Saturated Fat: 29.31g (183.2%), Carbohydrates: 69.72g (23.24%), Net Carbohydrates: 56.3g (20.47%), Sugar: 11.04g (12.26%), Cholesterol: 211.09mg (70.36%), Sodium: 1383.16mg (60.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.34g (112.67%), Vitamin B3: 37.66mg (188.28%), Selenium: 90.78µg (129.68%), Vitamin A: 5941.09IU (118.82%), Phosphorus: 1089.8mg (108.98%), Vitamin B2: 1.84mg (108.21%), Vitamin B6: 2.16mg (107.89%), Potassium: 2656.46mg (75.9%), Vitamin K: 73.74µg (70.23%), Copper: 1.24mg (61.83%), Manganese: 1.12mg (55.9%), Iron: 10mg (55.55%), Vitamin B5: 5.52mg (55.22%), Fiber: 13.42g (53.67%), Vitamin B1: 0.73mg (48.82%), Magnesium: 175.32mg (43.83%), Zinc: 6.16mg (41.07%), Vitamin C: 29.87mg (36.21%), Folate: 91.8µg (22.95%), Calcium: 183.95mg (18.39%), Vitamin D: 2.65µg (17.68%), Vitamin B12: 0.86µg (14.33%), Vitamin E: 1.16mg (7.71%)