



Peppercorn- and Thyme-Roasted Goose

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



1529 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 carrots peeled chopped
- ☐ 2 stalks celery chopped
- ☐ 3 tablespoons peppercorns mixed white green black
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 2 tablespoons thyme sprigs fresh
- ☐ 1 tablespoon garlic chopped
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 8 servings pepper black freshly ground

- ☐ 0.3 cup butter unsalted
- ☐ 7 pounds goose whole cleaned
- ☐ 1 large onion yellow quartered

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ roasting pan

Directions

- ☐ To prepare the glaze: Stir together the cracked peppercorns, thyme leaves, olive oil, and garlic in a small bowl and season with salt.
- ☐ To prepare the goose: Preheat the oven to 375°F. Season the outside and inner cavity of the goose with salt and pepper.
- ☐ Brush the glaze all over the outside of the goose, reserving any extra to use while roasting.
- ☐ Place the onions, carrots, and celery in a roasting pan and place the goose on top of the vegetables. Roast for 2 to 2 1/2 hours, basting occasionally with the remaining peppercorn mixture and any drippings, until golden brown and crispy and the juice from the cavity runs clear.
- ☐ Remove the goose from the oven and let rest for 15 minutes before carving.
- ☐ To prepare the sauce: Strain the pan drippings through a fine-mesh sieve. Skim off the grease, leaving the meat juices, and place in a small saucepan.
- ☐ Whisk the butter into the meat juices, add the chopped thyme, and season with salt and pepper.
- ☐ Carve the goose and serve with the pan sauce.
- ☐ Adapted from Charlie Trotter Cooks at Home by Charlie Trotter, ©2000 Ten Speed Press.

Nutrition Facts

 **PROTEIN 16.44%**  **FAT 82.29%**  **CARBS 1.27%**

Properties

Glycemic Index:32.23, Glycemic Load:1.14, Inflammation Score:-10, Nutrition Score:41.239564833434%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg

Nutrients (% of daily need)

Calories: 1528.86kcal (76.44%), Fat: 141.93g (218.36%), Saturated Fat: 42.94g (268.4%), Carbohydrates: 4.91g (1.64%), Net Carbohydrates: 3.59g (1.31%), Sugar: 1.67g (1.85%), Cholesterol: 332.77mg (110.92%), Sodium: 408.69mg (17.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 63.8g (127.61%), Vitamin B3: 45.91mg (229.53%), Selenium: 95.62µg (136.6%), Vitamin B6: 2.38mg (118.75%), Phosphorus: 948.08mg (94.81%), Vitamin B2: 1.42mg (83.81%), Vitamin A: 3292.46IU (65.85%), Iron: 10.53mg (58.49%), Vitamin B5: 5.24mg (52.35%), Potassium: 1375.44mg (39.3%), Zinc: 5.51mg (36.71%), Vitamin B1: 0.52mg (34.71%), Copper: 0.58mg (28.87%), Vitamin C: 23.78mg (28.83%), Vitamin D: 4.08µg (27.17%), Magnesium: 104.82mg (26.21%), Vitamin B12: 1.36µg (22.69%), Folate: 55.16µg (13.79%), Manganese: 0.21mg (10.53%), Calcium: 75.59mg (7.56%), Vitamin K: 7.32µg (6.97%), Fiber: 1.32g (5.28%), Vitamin E: 0.69mg (4.58%)