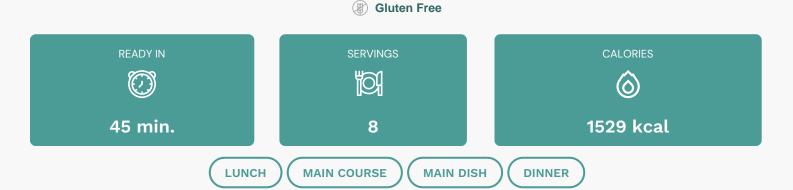


# **Peppercorn- and Thyme-Roasted Goose**



### Ingredients

- 2 carrots peeled chopped
- 2 stalks celery chopped
- 3 tablespoons cracked mixed white green black
- 1 tablespoon thyme leaves fresh chopped
- 2 tablespoons thyme leaves fresh
- 1 tablespoon garlic chopped
- 0.5 cup olive oil extra-virgin
- 8 servings salt and 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, 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, Kaempferol: 0.18mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, 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 %: O% (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%)