



Roast Goose with Currant Sauce



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



1863 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaves
- ☐ 1 carrots cut into 4 pieces
- ☐ 8 servings currants
- ☐ 9 pound goose
- ☐ 1 medium onion cut into wedges
- ☐ 1 cranberry-orange relish quartered
- ☐ 1 tablespoon pepper
- ☐ 1 tablespoon salt

Equipment

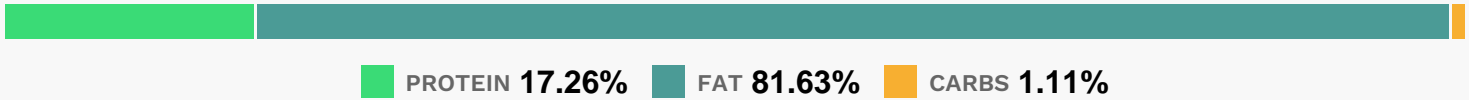
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ skewers
- ☐ broiler pan

Directions

- ☐ Remove loose fat from goose cavity.
- ☐ Remove giblets and neck; reserve for other uses. Chop off wings just below the elbow, if desired. Rinse goose thoroughly with cold water; pat dry with paper towels. Using a trussing needle or sharp skewer, prick skin all over, especially around lower breast and thighs, holding the needle almost parallel to the goose to avoid piercing the meat.
- ☐ Add water to a tall stockpot, filling two-thirds full; bring to a rolling boil. Gently lower goose into boiling water, neck end down; boil 1 to 2 minutes or until "goose bumps" appear.
- ☐ Remove goose, and repeat procedure, submerging goose tail end down.
- ☐ Drain; pat goose dry with paper towels.
- ☐ Place goose, breast side up, on a rack in a broiler pan. Refrigerate, uncovered, 24 to 48 hours. (The longer you air-dry the goose, the crispier the skin will be after roasting).
- ☐ Combine salt and pepper. Rub all over goose and inside cavity.
- ☐ Place orange and next 3 ingredients inside body cavity of goose.
- ☐ Place goose, breast side down, on a lightly greased rack in a roasting pan. Roast at 325 for 1 1/2 hours.
- ☐ Remove goose from oven.
- ☐ Drain and discard grease from pan. Return goose, breast side up, to rack in pan; roast 1 1/2 hours. Increase oven temperature to 400, and roast 15 more minutes or until skin is very crisp and thermometer inserted into thigh registers 18

- ☐ Remove goose from oven.
- ☐ Let stand 20 minutes before carving.
- ☐ Serve with Currant Sauce.

Nutrition Facts



Properties

Glycemic Index:21.67, Glycemic Load:1.45, Inflammation Score:-9, Nutrition Score:44.659565505774%

Flavonoids

Hesperetin: 4.46mg, Hesperetin: 4.46mg, Hesperetin: 4.46mg, Hesperetin: 4.46mg Naringenin: 2.51mg, Naringenin: 2.51mg, Naringenin: 2.51mg, Naringenin: 2.51mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

Nutrients (% of daily need)

Calories: 1863.3kcal (93.16%), Fat: 171.54g (263.9%), Saturated Fat: 50.03g (312.69%), Carbohydrates: 5.21g (1.74%), Net Carbohydrates: 4.13g (1.5%), Sugar: 3.1g (3.45%), Cholesterol: 408.23mg (136.08%), Sodium: 1230.55mg (53.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 81.63g (163.25%), Vitamin B3: 58.85mg (294.23%), Selenium: 122.67µg (175.25%), Vitamin B6: 3mg (150.09%), Phosphorus: 1205.22mg (120.52%), Vitamin B2: 1.8mg (106.09%), Iron: 12.93mg (71.83%), Vitamin B5: 6.67mg (66.72%), Potassium: 1699.52mg (48.56%), Zinc: 6.96mg (46.38%), Vitamin B1: 0.67mg (44.39%), Vitamin C: 31.66mg (38.38%), Vitamin A: 1826.85IU (36.54%), Copper: 0.72mg (36.19%), Vitamin D: 5.1µg (34.02%), Magnesium: 128.08mg (32.02%), Vitamin B12: 1.74µg (28.92%), Folate: 65.36µg (16.34%), Manganese: 0.24mg (11.92%), Calcium: 78.31mg (7.83%), Fiber: 1.08g (4.31%), Vitamin K: 2.32µg (2.21%)