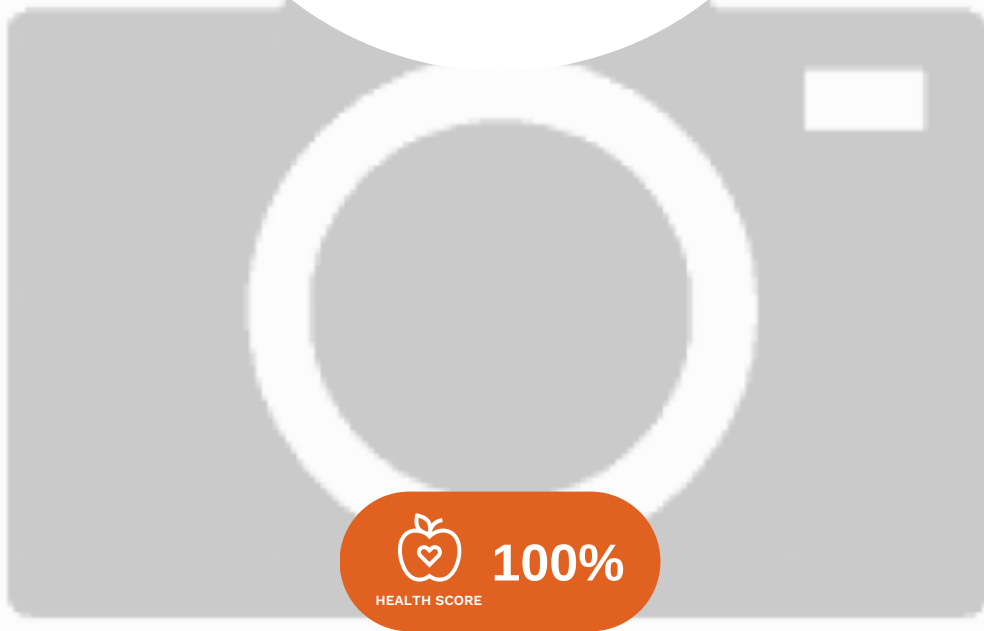




Roasted Goose with Port Wine Cherry Sauce



Gluten Free



Dairy Free



Very Healthy

READY IN



210 min.

SERVINGS



1

CALORIES



17275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup cherries pitted halved
- ☐ 0.5 cup chicken stock see
- ☐ 1.5 teaspoons ginger root fresh grated
- ☐ 2 tablespoons goose fat
- ☐ 0.5 apples i use 2 granny smith apples
- ☐ 0.3 cup green onion thinly sliced
- ☐ 0.5 optional: lemon
- ☐ 0.5 cranberry-orange relish

- ☐ 1 cup port wine
- ☐ 1 serving sea salt to taste
- ☐ 1.5 teaspoons soya sauce
- ☐ 1 tablespoon sugar white
- ☐ 10 pound goose whole

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ kitchen twine

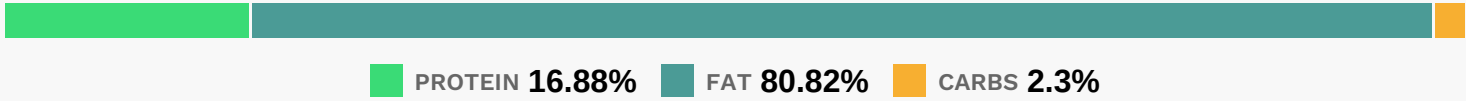
Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C).
- ☐ Use a fork to prick the goose all over. Do not go into the meat, just through the skin. Season inside and out with sea salt, stuff with the orange, lemon, and apple; tie the wings behind the bird with cooking twine.
- ☐ Place breast-side-down into a roasting pan, and fill with 1/2-inch of water.
- ☐ Bake in the preheated oven for 45 minutes, then remove from the oven. Turn the goose breast-side-up, and prick the skin with a fork again.
- ☐ Add water to the pan to bring the level back up to 1/2-inch. Return the goose to the oven, and cook until an instant-read thermometer inserted into the thickest part of the thigh, near the bone reads 170 degrees F (75 degrees C), about 2 hours.
- ☐ Remove from the oven, and cover loosely with aluminum foil to rest.
- ☐ Spoon 2 tablespoons of goose fat from the roasting pan into a small saucepan, and heat over medium heat. Stir in the cherries and cook until the cherries have softened and begun to release their juice, about 10 minutes. Stir in the port wine, and bring to a boil over high heat. Boil for 2 minutes, then stir in the ginger, green onion, sugar, soy sauce, and chicken stock.

Return to a boil, then reduce heat to medium, and simmer until the sauce has reduced by half, or to your desired consistency, about 10 minutes.

☐ Serve the sauce alongside the goose.

Nutrition Facts



Properties

Glycemic Index:254.09, Glycemic Load:19.95, Inflammation Score:-10, Nutrition Score:84.187391322592%

Flavonoids

Cyanidin: 43.12mg, Cyanidin: 43.12mg, Cyanidin: 43.12mg, Cyanidin: 43.12mg Petunidin: 15.91mg, Petunidin: 15.91mg, Petunidin: 15.91mg, Petunidin: 15.91mg Delphinidin: 9.36mg, Delphinidin: 9.36mg, Delphinidin: 9.36mg, Delphinidin: 9.36mg Malvidin: 227.59mg, Malvidin: 227.59mg, Malvidin: 227.59mg, Malvidin: 227.59mg Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg Peonidin: 11.52mg, Peonidin: 11.52mg, Peonidin: 11.52mg, Peonidin: 11.52mg Catechin: 30.86mg, Catechin: 30.86mg, Catechin: 30.86mg, Catechin: 30.86mg Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg Epicatechin: 31.9mg, Epicatechin: 31.9mg, Epicatechin: 31.9mg, Epicatechin: 31.9mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 32.91mg, Hesperetin: 32.91mg, Hesperetin: 32.91mg, Hesperetin: 32.91mg Naringenin: 10.33mg, Naringenin: 10.33mg, Naringenin: 10.33mg, Naringenin: 10.33mg Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 15.05mg, Quercetin: 15.05mg, Quercetin: 15.05mg, Quercetin: 15.05mg

Nutrients (% of daily need)

Calories: 17274.99kcal (863.75%), Fat: 1551.85g (2387.46%), Saturated Fat: 452.12g (2825.75%), Carbohydrates: 99.34g (33.11%), Net Carbohydrates: 90.39g (32.87%), Sugar: 67.93g (75.48%), Cholesterol: 3657.94mg (1219.31%), Sodium: 4026.02mg (175.04%), Alcohol: 36.72g (100%), Alcohol %: 0.87% (100%), Protein: 729.08g (1458.17%), Vitamin B3: 525.08mg (2625.41%), Selenium: 1093.37µg (1561.96%), Vitamin B6: 26.61mg (1330.35%), Phosphorus: 10746.83mg (1074.68%), Vitamin B2: 16.16mg (950.83%), Iron: 115.83mg (643.51%), Vitamin B5: 59.25mg (592.45%), Potassium: 15332.57mg (438.07%), Zinc: 61.93mg (412.87%), Vitamin B1: 5.91mg (393.75%), Vitamin C: 272.91mg (330.8%), Copper: 6.54mg (326.96%), Vitamin D: 45.36µg (302.39%), Magnesium: 1155.52mg (288.88%), Vitamin B12: 15.42µg (257.04%), Folate: 556.74µg (139.19%), Vitamin A: 5085.49IU (101.71%), Manganese: 1.45mg (72.33%), Calcium: 651.27mg (65.13%), Vitamin K: 56.89µg (54.18%), Fiber: 8.95g (35.79%), Vitamin E: 1.33mg (8.88%)