



HEALTH SCORE

70%

Spiced Roast Goose with Dried-Fruit Pan Sauce



Gluten Free



Very Healthy

READY IN



240 min.

SERVINGS



8

CALORIES



2808 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons apricot preserves
- ☐ 1 tablespoon peppercorns mixed white green black (, , , and pink)
- ☐ 1.3 cups apricot dried
- ☐ 8 oz figs dried (preferably Calmyrna;)
- ☐ 12 lb goose
- ☐ 2 medium onion quartered
- ☐ 1.3 cups prune- cut to pieces pitted

- ☐ 0.3 cup shallots finely chopped (2 large)
- ☐ 0.3 cup butter unsalted melted
- ☐ 2 cups ground veal
- ☐ 1 tablespoon allspice whole
- ☐ 0.7 cup frangelico
- ☐ 0.7 cup frangelico

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ kitchen towels
- ☐ spatula
- ☐ skewers
- ☐ mortar and pestle
- ☐ cutting board
- ☐ baster

Directions

- ☐ Cover figs, apricots, and prunes with water in a 3-quart saucepan and simmer, covered, 20 minutes.
- ☐ Drain in a sieve. Reserve 2 cups fruit, then thread remainder onto 4 skewers.
- ☐ Preheat oven to 425°F.

- ☐ Crack allspice and peppercorns using a mortar and pestle (or spread spices on a kitchen towel and crack with bottom of a heavy skillet), then stir into butter.
- ☐ Discard neck, giblets, and any loose fat from goose. Using pliers, pull out any remaining quills. Prick skin all over with remaining skewer (especially thighs and breast), holding skewer nearly parallel to skin to avoid puncturing meat. Fold neck skin under body and fasten with skewer. Season goose well with salt inside and out. Put onions and reserved 2 cups fruit in cavity and tie legs together loosely with string. Rub skin all over with spiced butter.
- ☐ Put goose on rack in roasting pan and roast in middle of oven 30 minutes. Reduce oven temperature to 325°F and continue to roast, basting goose and skimming off and reserving excess fat (for roasted potatoes) with bulb baster every 30 minutes, 1 hour more.
- ☐ Arrange skewers with fruit on rack around goose (if rack is too small to fit all skewers, tuck some into wings). Continue to roast goose, basting and skimming and reserving fat in same manner, until an instant-read thermometer inserted into fleshy part of a thigh (do not touch bone) registers 170°F and several fruits from bottom of cavity speared on thermometer register 160–165°F, about 1 hour more (juices will be slightly pink when thigh is pierced; temperature will rise to 175°F as goose stands).
- ☐ Remove fruit from skewers and transfer to a bowl. Keep warm, covered.
- ☐ Transfer goose with 2 large spatulas to a cutting board and let stand, loosely covered with foil, 30 minutes.
- ☐ Pour off fat from roasting pan. Straddle pan across 2 burners, then add shallots and sauté over moderately high heat, stirring, until golden, about 3 minutes.
- ☐ Add Armagnac and deglaze pan by boiling and scraping up brown bits.
- ☐ Add demiglace and jam and briskly simmer, whisking, until jam is incorporated and sauce is slightly thickened, about 3 minutes.
- ☐ Pour sauce through a sieve if desired and keep warm, covered.
- ☐ Discard onions from cavity of goose and add fruit from cavity to fruit in bowl, then keep warm, covered. Carve goose, cutting breast into 1/4-inch-thick slices.
- ☐ Serve fruit and sauce on the side.

Nutrition Facts



■ PROTEIN 17.04% ■ FAT 74.99% ■ CARBS 7.97%

Properties

Glycemic Index:24.67, Glycemic Load:14.18, Inflammation Score:-9, Nutrition Score:59.03608670442%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg

Nutrients (% of daily need)

Calories: 2808.49kcal (140.42%), Fat: 238.8g (367.39%), Saturated Fat: 72.01g (450.08%), Carbohydrates: 57.08g (19.03%), Net Carbohydrates: 49.59g (18.03%), Sugar: 38.91g (43.23%), Cholesterol: 605.69mg (201.9%), Sodium: 526.99mg (22.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 122.11g (244.22%), Vitamin B3: 83.77mg (418.86%), Selenium: 169.06µg (241.51%), Vitamin B6: 4.37mg (218.27%), Phosphorus: 1777.18mg (177.72%), Vitamin B2: 2.64mg (155.16%), Iron: 19.23mg (106.84%), Vitamin B5: 9.95mg (99.45%), Potassium: 3052.2mg (87.21%), Zinc: 11.41mg (76.08%), Vitamin B1: 0.96mg (63.84%), Copper: 1.26mg (63.05%), Magnesium: 222.2mg (55.55%), Vitamin B12: 3.08µg (51.32%), Vitamin D: 6.91µg (46.07%), Vitamin C: 32.89mg (39.87%), Vitamin A: 1827.65IU (36.55%), Manganese: 0.68mg (33.86%), Fiber: 7.49g (29.98%), Folate: 97.19µg (24.3%), Vitamin K: 23.96µg (22.82%), Calcium: 182.87mg (18.29%), Vitamin E: 1.44mg (9.59%)