

South Shore Lodge

Roast Canada Goose

Recipe:

- Soak goose overnight, adding 1/3 C. salt and 3TBS baking soda.
- Dry well and lightly season cavity with salt and pepper. Fill cavity with your favorite stuffing (my favorite is a potato/bread mixture with summer savory and sage added to sautéed onions in butter). You will not find this stuffing recipe at Weight Watchers.
- Brush goose with a mixture of olive oil and butter, then season with salt and ground pepper (I also like to lightly add a mixture of garlic and onion powder).
- Cook goose for approximately 90 minutes at 400F, in a very tight roaster containing at least 1 in. of water. This will steam roast the bird (the big secret) and it is important to not remove the cover during this time.
- Remove the cover, baste the bird and then "brown" it for approximately 20-30 minutes.
- The drippings make an excellent gravy.

Note:

The above recipe refers to a goose that would dress out at approximately 6-7 pounds. Remember of course that a stuffed bird takes longer to cook.