

South Shore Lodge

Slow Cooked (Crock Pot) Goose Breasts

NOTE: Drain goose parts for 90 min to two hours in a colander or some similar device at room temp if dealing with a killed and fresh frozen (not really bled out after the kill) goose

This dish is best cooked slowly all day. Start about 9am on Slow or lowest setting and cook for 8-9 hours.

Rinse & pat dry with a paper towel the goose breasts.

Season with (all sides of breast):

- Sea salt
- Ground black pepper
- Garlic salt
- Onion salt

Place breasts in slow cooker (Crock Pot). Pour ¼ cup apple juice (not cider) over breasts.

Cut up in medium size chunks and place in slow cooker on top of breasts:

- Celery (about 3 stalks)
- Apples (one large or two small – any variety)
- Raisins (do not cut up)

Cook on lowest setting for 8-9 hours.

Serve with:

- Rice Pilaf (wild rice)
- Vegetable

Recipe submitted by: Sherry Abbott