



# Roasted Goose with Tangerine Glace & Foie Gras Stuffing

Servings: 6-8 people  
Active cooking time: 2 hours  
Beverage pairings:

## Ingredients

1 whole	French Toulouse Goose
½ teaspoon	Cinnamon, ground
¼ teaspoon	Clove, ground
1 teaspoon	Black Pepper, ground
1 Tablespoon	Kosher Salt
1 Tablespoon	Sugar, granulated

## Tangerine Glace

1 cup	Honey
½ cup	Tangerine juice
½ cup	Orange juice
½ cup	Apple cider vinegar

## Foie Gras Stuffing

4 oz	Foie Gras, cut into four equal slabs
4 tablespoon	Goose fat, rendered
3 each	Red cooking apple
1 each	Onion, diced
1 tablespoon	Roasted garlic puree
1 cup	Chestnuts or Walnuts, roasted peeled & chopped
2 cups	Roasted potatoes, smashed
1 cup	Poultry broth or stock
1 cup	Baguette, crust removed, cut into ½ cubes, left out to dry overnight
1 tablespoon	Rosemary, fresh chopped
1 tablespoon	Sage, fresh chopped
1 tablespoon	Parsley, flat leaf chopped
To taste	Salt and Pepper

## Method of Preparation

### **Day 1: Prep Day**

1. Combine the cinnamon, clove, black pepper, salt and sugar. Mix well and evenly distribute it over the exterior and interior of your goose.
2. In a roasting pan with a rack pour about 1-2 inches of water in the bottom of the pan. Place the roasting rack in so that it is just barely in the water. Place the goose on the rack with the breast side up. Tuck the wings close to the bird. Place any excess fat from the cavity of the bird on the roasting rack. Tent the bird with aluminum foil.
3. Place the pan over the larger burner of the stove. Turn the heat onto medium high until the pan starts to steam. Once steaming, reduce the heat to low and steam for 45 minutes. This will render the skin so that it crisps during the roasting process.

## Method of Preparation (cont.)

4. Remove the bird and rack from the pan and set aside. Drain the fat and water from the pan into a jar. Separate and reserve the fat to be used in the stuffing. Discard the water.
5. Return the rack to the pan and allow the bird to cool and dry in the refrigerator overnight.
6. Heat the honey, vinegar and juices to a boil and reduce to a simmer. Cook until it thickens slightly. Remove from heat, cool and cover.
7. Preheat a heavy bottomed pan until nearly smoking. Sear the foie gras for 10 seconds on each side. It should be a deep golden brown. Reserve the rendered fat from the foie gras. Chill the foie gras for 10 minutes.
8. In the same pan heat the rendered foie gras and reserved goose fat until nearly smoking. Then add the onions, potatoes and apples. Cook until crisp and lightly browned.
9. Reduce the heat and add the garlic, nuts, and broth. Heat to a simmer. Then add the bread and all the herbs. Combine well and cool.

### **Day 2: Service**

1. Preheat the oven to 375°F.
2. Fill the cavity of the goose with the stuffing.
3. Brush the exterior of the goose completely with the glaze.
4. Roast the goose for 2-2 ½ hours. The leg bone should wiggle when done.
5. Remove from oven and allow to rest 15-20 minutes before serving.