

Roast Goose

Ingredients

Goose, 4 large onions, 10 sage-leaves, 1/4 lb. of bread crumbs, 1-1/2 oz. of butter, salt and pepper to taste, 1 egg. Choosing and Trussing--Select a goose with a clean white skin, plump breast, and yellow feet: if these latter are red, the bird is old. Should the weather permit, let it hang for a few days: by so doing, the flavour will be very much improved. Pluck, singe, draw, and carefully wash and wipe the goose; cut off the neck close to the back, leaving the skin long enough to turn over; cut off the feet at the first joint, and separate the pinions at the first joint. Beat the breast-bone flat with a rolling-pin, put a skewer through the under part of each wing, and having drawn up the legs closely, put a skewer into the middle of each, and pass the same quite through the body. Insert another skewer into the small of the leg, bring it close down to the side bone, run it through, and do the same to the other side. Now cut off the end of the vent, and make a hole in the skin sufficiently large for the passage of the rump, in order to keep in the seasoning. [Illustration: ROAST GOOSE.]

Method

Make a sage-and-onion stuffing of the above ingredients, by recipe No. 504; put it into the body of the goose, and secure it firmly at both ends, by passing the rump through the hole made in the skin, and the other end by tying the skin of the neck to the back; by this means the seasoning will not escape. Put it down to a brisk fire, keep it well basted, and roast from 1-1/2 to 2 hours, according to the size. Remove the skewers, and serve with a tureen of good gravy, and one of well-made apple-sauce. Should a very highly-flavoured seasoning be preferred, the onions should not be parboiled, but minced raw: of the two methods, the mild seasoning is far superior. A ragout, or pie, should be made of the giblets, or they may be stewed down to make gravy. Be careful to serve the goose before the breast falls, or its appearance will be spoiled by coming flattened to table. As this is rather a troublesome joint to carve, a large quantity of gravy should not be poured round the goose, but sent in a tureen.

Source: Mrs Beeton's Book of Household Management (1861)

Ingredify <https://ingredify.com>