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# Old-Fashioned Crispy Roast Goose

From Los Angeles Times Magazine - December 21, 2003 Issue

## Ingredients (Serves 4-6)

1 12-14 pound goose

Salt and pepper to taste

Note: Temperature change after 4 hours

Preheat oven to 250 degrees

With a sharp knife, cut away excess fat and skin that hangs at both ends of the goose. Trim thoroughly and discard fat.

Salt cavity and prick thoroughly with a fork on both sides of the bird (25 to 30 pricks). Prick through the skin and subcutaneous fat only; try not to prick the meat of the goose.

## Notes:

Place goose on a rack set in a large roasting pan. Cover the bottom of the pan with water to prevent splattering. Place the pan in the oven and roast the goose at 250 degrees.

After 1 hour prick the goose thoroughly on one side and turn it over, and prick thoroughly on the other side. Continue to roast with the newly turned side up. Repeat this procedure every hour.

After 4 hours of roasting, prick and turn once again. Increase the oven temperature to 350 degrees. Continue roasting – pricking and turning once – for an additional 75 minutes. Let goose rest for 15 minutes before carving. Season well with salt and pepper before serving.

Additional Recipes: [www.gooseproducts.com](http://www.gooseproducts.com)