

# Goose Cooking Tips and Recipes!

Provided by: The ND Community Action Partnership –  
Sportsmen Against Hunger Program and your local  
food pantry.



Geese can be cooked in much the same way as other poultry – recipes for preparing and serving turkey are particularly suitable. Try marinating it spices, chopped carrots, onions, celery, etc.) for a day or more in the fridge. Then braise it using the strained marinade as part or all of your liquid.

## Goose Bar-B-Q Sandwiches

- 2 goose breasts
- 1 – 15oz. bottle of BBQ sauce
- 1 medium onion chopped
- 1 garlic bulb peeled & sliced
- ½ green pepper, chopped
- 1 – 6oz can tomato paste
- ½ cup ketchup
- 4 beef bouillon cups, dissolved in 4 cups water
- Hot pepper sauce
- Salt & pepper

Cut goose breasts cross-grain into thirds and place in crock pot. Mix in the onions, garlic, green pepper, tomato paste, bouillon & water. Cook on high for 6 hours or low for 10-12 hours. Pull the breast meat apart using two forks. Add BBQ sauce and ketchup. Add hot pepper sauce, salt & pepper to taste.

## Canadian Goose Stew

- 4 goose breasts
- 1/3 cup salt
- 2 tbsp baking soda
- Water
- 1 large onion, chopped
- 1 stalk celery, chopped
- 4 tbsp butter
- 2 tbsp worcestershire sauce
- garlic powder
- hot sauce
- 48 oz. beef consommé
- Salt
- cubed vegetables like carrots, potatoes, rutabaga, turnips, etc.

Soak the breasts overnight in 1/3 cup salt, baking soda and enough water to cover.

Remove and pat dry. Cut into 2" cubes.

In a large pot, saute the onion and celery in butter.

Add the meat, Worcester sauce, a liberal amount of garlic powder and hot sauce to taste.

Cook about 10 minutes over medium high to high heat or until brown.

Add the beef consomme and stir together. Salt to taste. Reduce heat and simmer 1 hour. Stir occasionally.

Add your veggies and simmer 30 minutes or until the veggies are tender. Stir occasionally.

## Goose Breast

- 1 goose breast
- 4 stalks celery (chopped)
- 2 med. onions (chopped)
- 6 cloves garlic (chopped)

Cover bottom of pan with grease. Slice goose breast into 1 inch strips and brown. Remove goose from pan and add celery, onion and garlic and cook until all are soft. Put goose strips back into pan on top of celery, onion and garlic. Add just enough water to cover. Let simmer until tender enough to cut with a fork (about 3-4 hours).

## Goose and Noodles

- 2 goose breasts
- 1 clove garlic
- 2 beef bouillon
- 1 bag dried noodles

Boil goose and garlic on a big pan of water until goose is cooked. Rinse off meat and get rid of the water and garlic in the pan. Cut goose into bite-size pieces or shred it. Put good, bouillon and water in pan (enough water to fill pan). Heat to boiling and add noodles. Cook until noodles are done. Salt