

# *The* **WILD GOOSE** *Grill*

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## *Recipe for Pan-Seared Wild Irish Goose Breast Served with Ironstone Reserve Ancient Vine Zinfandel*

Serves 4

### Ingredients

1. 4 Goose Breasts
2. 6 Large Rooster Potatoes peeled
3. 1 large Butternut Squash cut in half lengthways
4. 1 Large Orange in segments
5. Small Cup of Star Anise
6. Small Cup of Cumin
7. Small cup of Organic Honey with some star anise broken up in it
8. 6 Large Carrots peeled and blanched
9. 200g of Green Beans blanched
10. 1 Jar of Amarena Cherries
11. 150 ml of Full fat Cream
12. 100g of Irish Butter
13. A Large bunch of thyme
14. Wild mushrooms, cleaned and trimmed
15. 1 Crushed garlic clove
16. One glass of red wine
17. 150ml of Veal Stock

### Butternut Squash Puree

Roast the butternut in an oven for 35 minutes at 180\* with a little butter and some thyme, then scoop out the flesh, add the cream and butter, a pinch of salt and pepper and puree with a hand blender or in a Thermomix.

### Goose Potatoes

Cut into wedges.

Place the goose fat on an oven tray and put in a 180\* Oven.

When the goose fat has melted, toss the potato wedges in the goose fat and place back in the oven with some sprigs of thyme for 40 minutes.

## Goose Breasts

Trim the breasts of excess fat and sinew and then score the fat.

Season the scored fat with salt and cumin.

Place the breasts, fat side down into a hot dry non stick pan.

Fry and allow the fat to render down for 4 minutes, add a few sprigs of thyme and half the orange wedges and the star anise.

Turn over and pan fry for a further 3 minutes while continuously basting.

Place the Goose breasts on an oven tray, pour a small amount of juices and fat from the pan over them and cook in oven at 180\* for a further 5 minutes.

Save the Goose fat left in the pan for roasting potatoes in the future.

Take the breasts from the oven brush with a little of the honey and star anise mix and allow to rest for 5 minutes.

To make the sauce, in the pan the Goose was fried in, add the red wine, veal stock, orange segments, four pieces of star anise and some thyme, cook and allow to reduce by half.

Sautee the wild mushrooms in a non stick pan with a little olive oil, the garlic and thyme, set aside and keep warm.

Sautee the carrots and green beans in the same pan, for 2 minutes and after brush the carrots with the honey and star anise mix.

Garnish the plate as seen in the video.