

Goose Breast with Plums & Somerset Cider Brandy

Rich goose breast and sweetly fruity blackcurrant liqueur? What an excellent idea.

Serves: 2

Prepare: 10 Minutes

Cook: 35 Minutes

Difficulty: easy



Ingredients

- 1 organic goose breast
- handful of mixed plums or damsons (we like Victoria and Mirabelle)
- handful of blackberries
- 300ml or a large wine glass of blackcurrant liqueur
- sprig each of fresh thyme and sage
- salt and pepper to season

Method

1. Heat the oven to 180°C fan
2. Pat the goose breast dry and season it all over with salt and pepper. De-stone the plums and place them in a baking tray alongside the blackberries and fresh herbs. Lay the seasoned goose breast on top, skin side up
3. Roast for 15 minutes, checking mid-way through to gently stir the juices from the goose through the fruit
4. After 15 minutes, pour the liqueur over the fruit around the goose and bake for a further 5 to 8 minutes
5. Remove the tray from the oven, wrap the goose breast in 2 layers of foil and leave it to rest for 10 minutes. Finish the sauce while you wait. You can blend the fruit into the liquid before returning it to the pan to reduce it to a thick jus, or leave the fruit whole for a chunky and rustic sauce
6. Serve the goose breast thickly sliced on a bed of creamy mash, accompanied by some dark-green kale and the fruity sauce