



## Roasted Whole Goose

Follow our simple recipe to cook your whole goose to delicious perfection

Serves: 6

Prepare: 10 Minutes

Cook: 2 Hours

Difficulty: easy

### Ingredients

- [3.3-5.5kg organic whole goose](#)
- 1/2 onion
- 1 orange
- 1 bunch fresh rosemary
- olive oil

### Method

1. Take the goose out of the fridge and allow it to get to room temperature
2. Preheat your oven to 180°C
3. Halve your onion and orange, and place in the neck cavity of your bird followed by your bunch of rosemary
4. If you have a big enough oven, sit the bird on the bars of an oven shelf with a deep roasting pan underneath. The fat will drip though into the pan, making it easy for you to drain it off into a waiting jar (you'll need a big one) every 20 minutes or so. Alternatively, pop your bird in a tray if your oven is a little on the smaller size. Still check it every 20 minutes and collect the fat in a jar. Roast for 2 hours for a 4kg bird, and an extra 30 minutes per kg for birds any larger
5. Rest under two layers of foil for at least 20 minutes before carving