

How to Cook Your Free-Range Christmas Goose



Our Christmas Geese are free-range and slow reared on open pastures on a small family farm in Co. Antrim. With rich, dark meat, wonderful flavour and beautifully golden skin, goose makes a very special Christmas centrepiece.

Before cooking:

Remove the goose from the fridge and allow it to come towards room temperature. Remove any packaging and pat the skin dry.

To Cook:

1. Preheat your oven to **220°C / 200°C fan / Gas 7**.
2. Prick the skin of the goose all over, taking care not to pierce too deeply into the meat. This helps the fat to render during cooking.
3. Season the goose and place it breast-side up in a roasting tray.
4. Roast at the high temperature for **40 minutes**.
5. Reduce the oven to approximately **180°C / 160°C fan / Gas 4** and continue roasting until fully cooked.
6. During cooking, carefully spoon or drain away the excess fat from the roasting tray as it collects.
7. Check that the goose is fully cooked before removing it from the oven.
8. Rest the goose, loosely covered with foil, for at least **20 minutes before carving**.

As a guide, allow approximately 20 minutes per 500g after the initial 40 minutes of roasting.

For best results, always ensure the thickest part of the goose is thoroughly cooked before serving.