

Maple-Glazed Goose with Cranberry-Pear Chutney

Whether you roast a goose or a turkey, allow about 20 minutes per pound (500 g) for the total roasting time. Serve maple-glazed goose with cranberry-pear chutney (recipe follows) and sweet onion confit (recipe follows) and Himmel und Erde (recipe on page 164). Using turkey in this recipe reduces the fat by almost half.

STUFFED GOOSE

1 goose or turkey, about 10 lb (5 kg)

1 lemon, halved

freshly ground pepper to taste

2 teaspoons fresh rosemary, minced

wild rice, chestnut and apple stuffing (preceding recipe)

MAPLE GLAZE

3 tablespoons unsalted margarine

3 tablespoons minced fresh gingerroot

½ cup (4 fl oz/125 ml) pure maple syrup

½ cup (4 fl oz/125 ml) chicken stock (see glossary)

1. Preheat an oven to 425°F (220°C).
2. Rub the cavity of the goose or turkey with the lemon and then with the pepper and rosemary. Repeat for the outside of the bird.
3. Fill the poultry loosely with the stuffing, and tie the legs together.
4. To make the glaze, melt the margarine in a small saucepan. Add the ginger, and simmer 5 minutes. Add the maple syrup and chicken stock, and simmer 10 minutes.
5. Place the bird breast-up on a rack in a roasting pan, and brush it with the glaze. Cover, and roast for 15 minutes, then reduce the heat to 350°F (180°C), and bake for 3 hours, basting frequently, until a leg moves easily or a meat thermometer inserted in the thigh registers 180°F (82°C). Fifteen minutes before the bird is done, remove the cover. If the breast browns before the last 15 minutes, cover it with foil. To test for doneness, pierce the thigh: the juices should run clear, not pink.
6. Remove the stuffing from the cavity immediately, and transfer to a warm serving dish. Discard the fatty drippings.
7. Allow the bird to rest on a platter for 15 minutes before carving. Serve with the chutney.

Serves 8

4 oz maple-glazed goose with ¾ cup stuffing per serving: Calories 610, Protein 33 g, Carbohydrates 50 g, Fiber 7 g, Total fat 31 g (Saturated 9 g, Monounsaturated 13 g, Polyunsaturated 7 g), Cholesterol 100 mg, Sodium 100 mg, Iron 30%, Vitamin C 40%.

▲ 2 Bread, 1 Meat, 1 Fat/Sugar

4 oz maple-glazed turkey with ¾ cup stuffing per serving: Calories 500, Protein 27 g, Carbohydrates 50 g, Fiber 7 g, Total fat 17 g (Saturated

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▲ 2 Bread, 1 Meat, 1 Fat/Sugar

4 oz maple-glazed turkey with ¾ cup stuffing per serving: Calories 500, Protein 37 g, Carbohydrates 50 g, Fiber 7 g, Total fat 17 g (Saturated 4 g, Monounsaturated 5 g, Polyunsaturated 6 g), Cholesterol 95 mg, Sodium 95 mg, Iron 25%, Vitamin C 40%.

▲ 2 Bread, 1 Meat

CRANBERRY-PEAR CHUTNEY

This is best if made 1–2 days ahead. It will keep 2 weeks in the refrigerator. Enjoy it as a condiment for any roasted meat.

1½ cups (12 fl oz/375 ml) white wine vinegar

1 cup (8 oz/250 g) sugar

½ cup (3½ oz/105 g) firmly packed light brown sugar

1 jalapeño chili pepper, seeded and chopped

1 lb (500 g) pears, peeled, cored and diced

1 lb (500 g) cranberries

1 onion, finely chopped

2 cloves garlic, minced

½ cup (3 oz/90 g) raisins

1 yellow bell pepper (capsicum), seeded and chopped

1 tablespoon grated fresh gingerroot

2 tablespoons lime juice

1 tablespoon lime zest

½ teaspoon mustard seed

½ teaspoon celery seed



*Left to right: Wild Rice, Chestnut and Apple Stuffing; Maple-Glazed
Goose and Cranberry-Pear Chutney; Sweet Onion Confit*

1. In a large, heavy pot, combine the vinegar, sugars and jalapeño