Roast Goose

**Ingredients**

* 1 goose (12-14 pounds) wing tips cut off and neck and giblets and excess fat taken out of the cavity (5 to 6 kg)
* 3 teaspoons salt (15 ml)
* 1 teaspoon black pepper (5 ml)
* 1 teaspoon allspice (5 ml)
* 1 lemon, halved
* 8 sprigs of thyme
* 2 pounds of carrots, cut into 1-inch pieces (900 g)
* 1 bunch of celery (about ten stalks) cut into 1-inch pieces
* 1 1/2 pounds parsnips, cut into 1-inch pieces (680 g)

**Instructions:**

1. Allow two full days in the refrigerator for defrosting the bird if frozen.
2. Gently pull the skin away from the bird and prick the skin with a fork or skewer all over, being careful not to prick the meat. This helps the fat drain so the skin becomes crispier.
3. Mix together salt and pepper and allspice. Rub all over the bird then squeeze juice from the lemon all over the bird. Place the used lemon and the thyme in the cavity.
4. Add six cups of water and the neck and giblets to a deep roasting pan. Set the goose (on a rack) in the roasting pan, breast side up.
5. Cover the entire pan tightly with foil and set over two burners on the stove.
6. Bring the water to a boil. Reduce the heat to medium to keep the water at a simmer for one hour. This will steam the goose and render fat from the skin. Check the pan near the end of the hour to make sure all the water hasn’t evaporated; if the water level is getting low; just add another cup of water.
7. Uncover and remove the roasting pan from heat. Lift the goose and rack out of the roasting pan. Take out the neck and giblets (eat, discard or keep for gravy). Pour the liquid in the pan through a fine mesh strainer into a heatproof bowl or measuring cup. As it cools, the pure fat will rise to the top. Skim or pour it off and save for future use. You should get several cups of fat.
8. \*\*Optional: For upping the odds of crispy skin, the steamed goose can be refrigerated, uncovered, on the roasting pan rack overnight. Bring the bird to room temperature again before putting in the oven.
9. Preheat oven to 350 ºF (176 ºC).
10. The vegetables can be cooked in the roasting pan with one cup of water or stock under the goose to save oven space, or be placed in their own pan and lightly coated with rendered goose fat. Keep in mind that if the veggies are in the roasting pan under the goose they’ll be hard to stir and won’t cook as evenly.
11. Take the lemon and thyme out of the goose. Tie the legs together with kitchen twine. Place the goose on the rack, still breast side up, in the roasting pan.
12. Roast for one hour, uncovered. If the skin has browned to your liking, flip the bird over. If not, continue to roast breast-side up for another half hour. Then, flip the bird over so it’s breast-side down.
13. Roast thirty minutes longer, or until the internal temperature deep in the thigh is 175 to 180 ºF. (79 to 82 ºC)
14. Transfer goose to a cutting board; let rest twenty minutes before cutting. After being eaten, the carcass can be used to [make stock](http://www.marksdailyapple.com/homemade-turkey-stock/).

**Don’t forget**, goose fat is among the most delicious of all cooking fats, and it is far healthier than butter or lard. You’re likely to run out of the fat before you run out of ways to use it.

Enjoy and Happy Holidays from: McLennan’s Island Meat & Seafood