

## Chicken & Wild Mushroom Risotto

### RECIPES USING GOOSE FAT

Risotto is usually cooked with a large quantity of butter, which gives it its distinctive rich flavour. By replacing butter with goose fat, you can get the same rich taste, without having to use as much fat.

**Serves 4**

#### INGREDIENTS

3 Tbsp Goose Fat  
4 Skinless Chicken Breasts, diced  
200g Mushrooms, sliced  
15g Dried Porcini Mushrooms  
1 Onion, peeled and sliced  
2 cloves Garlic, peeled and chopped  
250g Arborio Risotto Rice  
600ml Chicken Stock  
Salt and freshly ground black pepper  
Handful of freshly chopped parsley

#### METHOD

Take a large pan, heat 1 tbsp of Goose Fat and cook the chicken for 4-5 minutes until lightly browned. Remove from the pan. Add another tbsp of Goose Fat to the pan, stir-fry the fresh mushrooms until brown and remove from the pan. Next, put the Porcini mushrooms into a bowl with 300ml of hot water and leave to re-hydrate.

Heat the last tbsp of Goose Fat, add the onion and cook until softened. Add the garlic and rice and stir-fry for 2-3 minutes and then add the chicken. Stir in the Porcini Mushrooms together with its soaking water and cook over a low heat until the liquid is almost absorbed.

Pour in half of the stock, cook for 10 minutes add the rest of the stock and cook for a further 10 minutes, stirring occasionally. Add the cooked mushrooms, season to taste and stir in the chopped parsley.

#### The Goose Fat Information Service

3 Bloomsbury Place  
London  
WC1A 2QL  
Telephone: 020 7631 3232  
Email: [info@goosefat.co.uk](mailto:info@goosefat.co.uk)



## Onion Soup

### RECIPES USING GOOSE FAT

Slow cooking the onions helps them soften and take on the flavour of the goose fat without burning. This is a quick and easy version of Classic French Onion soup.

**Serves 4**

#### INGREDIENTS

1 ½ Tbsp Goose Fat  
2 Medium Onions, peeled and thinly sliced  
1 ½ Tbsp Plain Flour  
1 litre Stock (Chicken, Beef or Vegetable)  
1 Bay leaf  
Salt and freshly ground black pepper  
Bread, 4 small slices  
Grated Mature Cheddar or Gruyere Cheese, grated  
Fresh Chopped Parsley, to garnish

#### METHOD

Heat the Goose Fat, add the onion and cook over a high heat for one minute. Turn down the heat, cover and cook for 15 minutes, until the onions are soft and lightly brown. Add the flour and stir until absorbed. Pour in the stock, add the bay leaf and simmer uncovered for 30 minutes. Taste, season and remove the bay leaf.

Toast one side of the bread; cover the other with the cheese and toast. Place the bread in the bottom of each soup bowl and pour the soup over the top. Garnish with Parsley.

#### The Goose Fat Information Service

3 Bloomsbury Place  
London  
WC1A 2QL  
Telephone: 020 7631 3232  
Email: [info@goosefat.co.uk](mailto:info@goosefat.co.uk)



## Steak and Kidney Stew with Thyme Dumplings

### RECIPES USING GOOSE FAT

Goose Fat dumplings are light and use much less fat than suet dumplings. Use them in any meat, fish or vegetable stew.

#### Serves 4

#### INGREDIENTS

1 Tbsp Goose Fat  
500g Braising Steak, diced  
4 Lambs' Kidneys, halved and cored  
1 Medium Onion, peeled and sliced  
1 Medium Carrot, peeled and sliced  
2 Sticks of Celery, chopped  
1 Tbsp Plain Flour  
600ml Stock (Beef or Vegetable)  
1 Tbsp Tomato Puree  
1 Bay leaf and a few sprigs of Thyme  
Salt and freshly ground black pepper

#### METHOD

Heat half a tbsp of Goose Fat in a frying pan, add the beef and kidneys and brown for a few minutes on each side. Remove from the pan and spoon the meat and its juices into a large bowl.

Add the rest of the goose fat to the pan and when hot, add the onion, carrot and celery. Stir well, turn the heat down, cover and cook for about 10 minutes until the vegetables are softened. Add the flour to the pan, mix it in well and cook for a minute before pouring in the hot stock and puree. Stir continuously and bring to the boil. Return the meat to the pan, add the herbs and season. Cover with a tight-fitting lid and simmer gently for 2 hours (or cook in the oven at 160°C for 2 hours).

#### FOR THE DUMPLINGS

100g Self-Raising Flour  
25g Goose Fat, chilled and cubed  
2 Tsp Fresh Thyme leaves  
Salt and Pepper

Sift the flour into a bowl, add the goose fat, and mix together with a round bladed knife. Stir in the thyme leaves, a pinch of salt and pepper and add 3 Tbsp of cold water to make a soft dough. Bring it together with your fingers, knead very lightly then divide it into 4 rough round shapes. Place the dumplings on the top of the stew, put the lid back on and cook on the hob, over medium heat, for 25 minutes (or in the oven at 180°C for 25 minutes).

Serve hot with green vegetables.



## Confit of Duck with Plum and Ginger Sauce

### RECIPES USING GOOSE FAT

Confit is a way of preserving meat in rendered goose fat. The acidity of the sauce is a great foil for the richness of the duck.

#### Serves 2

#### INGREDIENTS

2 Duck Legs  
2 Tsp Coarse Salt  
A few sprigs of fresh Thyme, optional  
160g Goose Fat

For the Plum Sauce:

250g ripe Red Plums, halved  
1 Tbsp finely chopped fresh Root Ginger  
1 Tbsp Marsala or Sweet Red Wine  
2 Tbsp Demerara sugar

#### METHOD

To ensure the duck skin is crisp when cooked, rub the salt into it and leave uncovered in the fridge for 24 hours before using, tucking the sprigs of Thyme underneath, if using. Wipe off the salt before using.

Pre-heat the oven to Gas Mark 3 or 160°C. Place the Goose Fat into a small casserole dish and heat in the oven. Carefully put the duck legs into the hot fat, skin side down. The fat should cover the meat. Put a lid on the casserole and cook for 1 ½ to 2 hours, turning the duck legs over every half hour. Remove from the oven and leave to cool in the fat for a few hours.

Then pack the duck legs tightly into a clean dish, and pour the fat over them to completely cover them if possible. Cover with cling film and chill. They will keep for a few weeks like this.

When you are ready to cook the legs, pre-heat the oven to Gas Mark 7 or 220°C. When the duck legs are at room temperature, scrape the fat off them (see note below), put them in a small roasting tin and cook for 20 minutes. Leave them to rest for 5-10 minutes before serving.

#### FOR THE PLUMB SAUCE

Put the plums, ginger, wine or water, and sugar in a pan and simmer for 10-12 minutes until the fruit is very soft. Pour into a bowl then sieve it back into the pan to remove the plum skin and stones. Reheat for about 5 minutes, by which time it should be reduced to a thick-ish sauce.

Serve the duck with the plum sauce, some freshly cooked cabbage or sugar snap peas and roast potatoes.

#### NOTE

Don't throw the fat away. Melt the fat down gently (there should be more than you started with). You can also add the fat that comes out of the duck when it is reheated. Strain it into a sterilised jar and refrigerate. The re-used goose fat will keep for several months.



## Game Pie

### RECIPES USING GOOSE FAT

This pie has a long list of ingredients, but the end result is worth it.

#### Serves 12

#### INGREDIENTS For the Pastry:

350g Plain Flour seasoned with Salt, Sugar and Grated Nutmeg  
150g Goose Fat  
75ml Milk mixed with 75ml Water  
Beaten Egg, for glazing

#### INGREDIENTS For the Filling:

500g Boned Game (e.g. pheasant breasts, partridge, pigeon breasts, venison, duck or rabbit)  
500g Back Bacon, de-rinded and chopped  
500g Pork Mince (or belly pork finely chopped)  
380g Venison Sausages  
1 Onion, peeled and finely chopped  
5 Tbsp Fresh Parsley, chopped  
1 Tbsp Fresh Thyme Leaves  
1 Tsp each of Crushed Black Peppercorns, Ground Ginger, Grated Nutmeg, or Mace and 10 Juniper Berries crushed together  
250ml Port or Red Wine  
1 Gelatine Sachet  
300ml Chicken Stock

#### METHOD

20cm loose-based or spring form tin, greased with goose fat, lined with baking paper and greased again. In a large bowl, mix together all the filling ingredients, except the gelatine and stock. Leave to stand for at least 2 hours (or overnight).

For the pastry: Bring the goose fat, milk and water to the boil and then add to the flour. Mix well to create a smooth paste. Cover with a cloth or cling film and leave to cool (about 20 minutes). Knead the pastry lightly then set aside a third of it for the top of the pie. Roll the rest into a ball, flatten it out evenly then put it in the tin and work the pastry up the sides with your fingers and knuckles. As it cools it will stick to the sides. Try and get it even, with no holes or cracks. Bring it to the top of a spring form tin or about 3 cm from the top of a deeper cake tin.

Pre-heat the oven to Gas Mark 6 or 200°C. Pack the pie filling firmly into the pastry case, doming it in the middle. Roll out the pastry for the lid and shape that over the top, crimping the edges together and sealing them. Brush with beaten egg. Make 3 holes in the top of the pie to allow steam to escape.

Put the pie on a baking sheet for 30 minutes and cook for 30 minutes to brown the top. Reduce the temperature to Gas Mark 4 or 180°C and cook for a further 2 hours. Cover loosely with paper if it starts to brown too much. Cool the pie in the tin for a couple of hours then remove it and put it in the fridge to chill.

Soak the gelatine in 150ml in cold water and heat gently to dissolve. Add the stock and when the mixture is cold and almost ready to set, pour the stock through the holes in the pie so that it sets quickly. You may not need all the stock. Leave chilled. Cut into wedges for serving with salad and pickles.



## Double Crust Game Pie

### RECIPES USING GOOSE FAT

An old English style pie that has Suet Crust topping and a puff pastry crust, which is delicious, but filling!

#### Serves 6

#### INGREDIENTS

1 clove Garlic, peeled and crushed  
2 Bay leaves  
300g Venison, trimmed and diced  
1 Small Onion, peeled and chopped  
125g Button Mushrooms  
Salt and freshly ground black pepper  
A few sprigs of Thyme  
4 Pheasant Breasts, skinned and quartered  
125g Streaky Bacon, de-rinded and chopped  
300-450ml Chicken (or Game) stock

#### INGREDIENTS For the Crust:

3 Tbsp Goose Fat, chilled  
150g Self-Raising Flour  
250g Puff Pastry  
Milk, to glaze  
1.25 litre pie dish, lightly greased with goose fat

#### METHOD

Pre-heat the oven to Gas Mark 6 or 200°C. Add the garlic, bay leaves, venison, onion, mushrooms, seasoning and thyme to the pie dish and arrange the pheasant breasts on top to make a lid and then add the bacon. Pour in enough stock to come to the top of the dish.

To make the Suet pastry, cut the goose fat into the flour and then add 4-5 tablespoons cold water to make a firm dough. Pat this out on a lightly floured surface to the size and shape of the dish. Lift it over the filling and press it down onto the edge of the wetted rim of the dish. Make a small hole in the middle. Bake for 40-45 minutes until the top is cooked. Take the pie out of the oven and using a spoon, smash the suet topping into the pie filling, then clean the rim of the dish.

Increase the oven temperature to Gas Mark 7 or 220°C. Roll out the puff pastry a little larger than the dish and score it to make a criss-cross pattern. Lift the pastry over the pie and press it down on the rim. Trim, knock up the edges, brush with milk and make a small hole in the centre. Bake for 30-40 minutes, or until golden brown,

Serve hot with lots of fresh vegetables.

#### The Goose Fat Information Service

3 Bloomsbury Place  
London  
WC1A 2QL  
Telephone: 020 7631 3232  
Email: [info@goosefat.co.uk](mailto:info@goosefat.co.uk)



## Broad Bean and Lettuce Garbure

### RECIPES USING GOOSE FAT

Garbures are a delicious hearty soup hailing from the south west of France; usually made with cabbage, pork or duck confit this version is lighter and brighter. I recommend a leg of duck confit for this but some shredded home cooked ham is a welcome alternative.

It works brilliantly with frozen broad beans and so can be eaten at any time of year. In summer months you can lighten it up by adding some freshly chopped mint at the last moment.

### Serves 4 to 6

#### INGREDIENTS

2 slices sourdough bread  
Goose fat  
1 clove garlic, peeled  
1kg frozen broad beans  
100gm goose fat  
3 medium onions, peeled and finely sliced  
3 rashers streaky bacon, cut into fine strips  
4 cloves garlic, peeled and finely sliced  
1 bay leaf  
1 confit duck leg  
2 baby gem lettuces  
100ml white wine  
1 litre chicken stock  
2 tbs freshly chopped parsley (do this when you throw the beans into the stock)  
and 1 tsp coarsely chopped fresh tarragon

#### METHOD

Cut the bread into small croutons. Heat some goose fat in a frying pan with the garlic clove and add the bread. Fry to golden then strain and drain on kitchen paper. Defrost the broad beans and remove the outer skin of the beans. Keep to one side.

Melt the 100gm of goose fat in a large saucepan and add the onions, bacon, garlic and bay leaf, cook gently for thirty minutes until the onion mixture is completely soft and devoid of any bite at all.

Pull all the meat and skin from the duck leg and slice it finely, skin and all. Add to the pan and season well. Take the lettuce and shred them both and add to the pan. Cook for two minutes and then add the wine. Cook for a further two minutes and then pour in the chicken stock. Bring to a boil and simmer gently for five minutes. Check the seasoning and add salt and plenty of black pepper if needed.

Throw in the broad beans and simmer for a further three minutes. Check the seasoning one last time and stir in the parsley and tarragon.

To serve place a scattering of croutons into warm soup bowls and then ladle in the soup.

Henry Harris © 2008



# The Goose Fat Information Service

## Goose Fat Poached Salmon, with White Beans, Sage and Garlic

### RECIPES USING GOOSE FAT

Poaching fish in goose fat may seem a little strange but it is something I have been doing for years. It keeps the fish moist and soft and it is easier to cook more slowly. There is a degree of extravagance to this dish in that the goose fat will take on a fish flavour, which rules out using it for other things.

It may seem like an excessive amount of garlic but the gentle cooking process brings out the garlic's sweet earthy flavour.

#### Serves 4

#### INGREDIENTS

1 to 2 180gm jars goose fat  
4 cloves garlic, finely chopped  
4 spring onions, finely sliced  
2 tins cooked haricot or cannellini beans  
6 leaves sage  
4 portions salmon fillet, skinned (about 160-180gm each)  
1 lemon

#### METHOD

Take 2 tbs of the goose fat and place in a medium saucepan. Add the garlic and spring onion and cook gently for ten minutes or until the onions and garlic are soft. Open the tins of beans and strain off their liquid and add to the pan. Add 200ml of water, season with salt and pepper and heat through for fifteen minutes. The beans will break up a little and become a little creamy. Keep piping hot.

Place the remainder of the open jar of goose fat into a saucepan that is just big enough to hold the salmon fillets side by side but not so small that they are packed in like sardines. Otherwise you will never be able to lift the salmon out later without it breaking up.

Season the salmon and slip them into the fat and then use enough fat from the other jar to cover the fish. Cook over a gentle to medium heat for about ten minutes or until cooked. A good test is to lift up a fillet and prod it with a degree of assertion; it should be firm with a little yield. With fresh salmon this dish lends itself to being slightly undercooked.

Five minutes into the cooking of the salmon slice the sage leaves into strips. Heat a couple of tablespoons of goose fat in a frying pan and when good and hot add the sage. It will sizzle and frizzle for about twenty seconds. Then lift out the sage, drain on kitchen paper and season with sea salt.

When the salmon is cooked lift it out of the fat. Spoon the beans onto four plates and put a salmon fillet on top of the beans. Scatter over the sage leaves. Finally cut the lemon in half and squeeze the lemon in equal quantities over each piece of salmon.

Henry Harris © 2008



## Saute of Chicken with Raisins

### RECIPES USING GOOSE FAT

In Perigourd verjus, the acidic juice of unripe grapes would have been used for this recipe, a little light tarragon vinegar works well as an alternative. I always use thighs for this recipe as the flavour you get from cooking meat on the bone will always be superior.

#### Serves 4

#### INGREDIENTS

2 tbs goose fat  
8 large chicken thighs  
4 ripe plum tomatoes  
50ml tarragon vinegar  
350ml white wine  
75gm butter  
20 golden raisins  
2 cloves garlic, chopped  
1 tbs freshly chopped parsley

#### METHOD

Preheat the oven to 160C.

In a wide oven proof pan heat the goose fat. Season the chicken thighs and fry them in the goose fat until a deep golden colour. Quarter the tomatoes length ways and add them to the pan. Give the pan a nice jiggle so that the tomatoes nestle amongst the chicken and then cover with a lid. Turn down the heat and cook for five minutes.

Remove the lid, turn up the heat and add the vinegar. After a minute or two the liquid will have all but disappeared. Add the wine and bring to the boil, cover and place in the oven and cook for twenty minutes.

Remove from the oven, check the seasoning, transfer to a hot serving dish and keep warm.

In a medium frying pan melt the butter until foaming and then throw in the raisins. Cook over a gentle heat for a minute and then add the garlic, chopped parsley, a pinch of salt and a good milling of black pepper. Cook for two minutes taking care not to colour the garlic. Scatter over the chicken and serve, ideally with some good mashed potato and a hearty green salad.

Henry Harris © 2008



## Leeks Baked with Red Wine and Poached Eggs

### RECIPES USING GOOSE FAT

Goose fat in Perigord is used as one would use butter or olive oil in other regions. It imparts a meaty silkiness to dishes. This egg recipe characterises this so well.

It is a rustic peasant dish, thick soupy red wine flavoured leeks that are perfectly off set by poached eggs. To serve as a supper dish serve two poached eggs per person alongside a good pile of toasted country or sourdough bread and a bottle of hearty red wine.

### Serves 4

#### INGREDIENTS

3 leeks, the white part only  
2 tbs goose fat  
1 tsp flour  
500ml red wine  
4 eggs

#### METHOD

Slice the leeks into fine rounds and soften them in a saucepan with the goose fat over a medium heat. This will take about twenty minutes. Stir in the flour and cook for a further five minutes. Add the wine and cook for another twenty minutes over a gentle heat and remembering to stir regularly to stop the mixture catching on the bottom.

Heat some water in a separate pan with a splash of vinegar and poach the eggs.

Check the seasoning of the leek mixture and ensure it is piping hot. Spoon it into four shallow soup plates and top with the poached eggs.

Henry Harris © 2008



# The Goose Fat Information Service

## Celeriac Puree, Goose Fat Crisped Bacon with Mushrooms and Shallots

### RECIPES USING GOOSE FAT

This is a beautiful accompaniment to serve alongside a roasted goose.

#### INGREDIENTS

2 balls celeriac  
1 litre of milk  
nutmeg  
100gms butter  
2 rashers smoked streaky bacon  
3 large field mushrooms  
6 shallots, peeled  
180gm jar of goose fat

#### METHOD

Pare away the skin from the celeriac with a good sharp knife. Cut the celeriac into a rough one inch dice and place in a saucepan. Cover with milk, season with salt, plenty of black pepper and a brief grating of nutmeg.

Bring up to the boil and then turn down to a gentle simmer. Cook gently for about twenty minutes or until the celeriac is completely cooked. Using a slotted spoon transfer the cooked celeriac to a food processor, add the butter and blitz until smooth. Use enough of the milk to help turn it silky smooth but take care not to thin it down too much. Season and return to a clean saucepan.

Meanwhile prepare the other ingredients. Slice the bacon into the thinnest of strips. Slice the mushrooms length ways (about 1/2 a centimetre) and then across to give a nice dice. Slice the shallots into rounds.

Melt the goose fat in a sauce pan and add the shallots, mushrooms and bacon. Cook over a medium heat for about thirty minutes. Once you can see that the hot fat is agitating the vegetables and bacon turn the heat down so it fries them very gently. Stir occasionally. The end result should be dark golden crisp pieces. There will be substantially less in the pan once you have achieved this. Strain using a colander and then place the crisp vegetables onto kitchen paper to absorb the excess fat. Season with salt and pepper and keep warm.

Transfer the strained goose fat to a pot, cool and refrigerate for future use. Reheat the puree and transfer to a wide serving dish and serve the crisped vegetable and "bacon croutons" to a small dish alongside or scatter over the top.

Note; You can turn this into a soup simply by thinning down the puree with the remaining poaching milk.

Henry Harris © 2008

