

# *The* Goose Fat Information Service

## Potted duck confit with toast and chutney

**Serves 8**

### **Recipe**

1 duck, about 4 lbs/1.8kg  
1kg goose fat  
100g melted butter  
Sprig of fresh thyme  
Sea salt and black pepper to taste  
2 bay leaves  
Zest and juice of 1 lemon

### **Method**

Joint the duck and sprinkle the pieces lightly with sea salt. Leave them in the fridge for 30 minutes, then remove and brush off the salt.

Preheat an oven to 150c.

Place the pieces of duck in a large, heavy pan and cover the meat with warm liquid goose fat.

Add in the thyme and bay leaf and place the pan in the oven for 2 hours or until the duck is really tender.

Remove from the oven and drain the duck on a rack, making sure to catch all the fat for re-use. When cool enough to handle, pull all the meat off the bone and put the meat in a food processor.

Add a twist of pepper and 2 pinches of sea salt. Now add the lemon juice and zest and pour in the melted butter. You can also add more thyme to taste.

Pulse the processor until the duck meat is broken up but not mushy.

Pack the duck into an earthenware pot and cover with a layer of hot goose fat.

Chill in the fridge for 24 hours to allow the flavours to develop.

Serve with toast and your favourite chutney.



# *The* Goose Fat Information Service

Butternut squash, roasted with goose fat, fresh thyme and whole roasted bulbs of garlic

Butternut squash is wonderful roasted - especially with the lovely rich flavour of goose fat. The outside of the squash will take on a lovely golden colour, leaving the flesh soft and rich.

**Serves 4**

## **Recipe**

1 butternut squash  
2 bulbs of garlic  
1 large bunch of thyme  
1 tsp sea salt  
Lots of pepper  
4 tbsp goose fat

## **Method**

Preheat an oven to 220c.

With a knife cut the squash in half lengthwise and scoop out all the seeds.

Then cut the squash into 1 inch pieces and place in a large bowl. Cut the bulbs of garlic into half, cutting across the cloves, and add these to the bowl.

Add the sprigs of thyme, the salt and lots of freshly ground pepper. Heat the goose fat and pour it into the bowl, mixing everything together.

Pour the contents of the bowl into a deep roasting tin and spread it out evenly.

Roast in the oven for 30 minutes or until golden.

Delicious served as a side with roast chicken and a range of other dishes.



# The Goose Fat Information Service

## Toad in the hole of Lincolnshire sausage, roasted red onion and field mushrooms

This British classic positively requires goose fat for its successful completion.

### Serves 4

### Recipe

8 large Lincolnshire sausages  
2 large red onions  
4 large field mushrooms  
A small bunch of fresh sage  
100g goose fat

### Puttling batter:

250g plain flour  
A pinch of salt  
600mls of milk  
2 large eggs

### Method

To make this successfully you must have a heavy pan and cook it in a hot oven.

For the batter:

Well in advance of eating, make the batter. Beat the flour, salt, egg and milk together into a smooth batter. Let it rest in a fridge for a couple of hours, or overnight.

For the Toad in the hole:

Preheat an oven to 220c.

In a heavy pan on a hob, heat the goose fat and then add the sausages and cook until brown.

Chop the red onions into quarters and then add them to the pan, allowing them to colour.

Pull the stem out of the mushrooms and cut them into quarters. Add these to the pan and cook until brown.

Make sure that there is plenty of goose fat in the pan (the mushrooms will soak some of it up). Remove from the heat and then pour in the batter mixture.

Add sage leaves and seasoning. Bake in a 220c oven for 30 minutes or until well risen and golden.



# The Goose Fat Information Service

## Chicken, wild mushroom and sage pie with goose fat pastry

A one pot pie topped with lovely, crumbly goose fat pastry.

### Serves 6

#### Recipe

1 medium chicken, about 3lbs/1.4kg in weight  
Bouquet garni of sage, rosemary and parsley  
2 large shallots  
3 cloves of garlic  
1 litre of milk  
300g salted butter  
Large bunch of sage (finely chopped)  
Large bunch of parsley (finely chopped)  
2 courgettes  
250g flour  
1 tbsp wholegrain mustard

#### Pastry

200g plain flour  
1 pinch salt  
1 egg  
80g goose fat  
20g butter

#### Method

To make the pastry:

(This pastry is very crumbly and short, so don't worry if it doesn't roll out perfectly.)

Place all the pastry ingredients in a food processor (make sure the fats are cold) and pulse once or twice. Now bring together into a ball by hand and wrap tightly in cling film. Leave the pastry to rest in the fridge for 2 hours.

To make the pie:

Poach the chicken in a large pan by covering the bird with cold water and placing on the heat until it is simmering. If you wish you can add some salt and peppercorns to the water.

When the chicken is tender (for a 3lbs/1.4kg chicken this will take about 45 minutes), remove from the broth and keep the stock for future use - it freezes very well.

Now cool the chicken and pull of all the meat from the carcass. Keep the meat in good sized chunks – it improves the pie's texture.



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Finely chop the garlic, courgettes and shallots and gently soften them in a small amount of the butter in a heavy pan on a low heat. This will take 20 minutes.

Meanwhile, make the white sauce. In another pan, melt the remaining butter and mix in the flour. Cook very gently over a low heat for 5 minutes.

Then add the milk slowly until the liquid is smooth (if you run out of milk, add some of the chicken stock).

Add to the white sauce, the softened vegetables, the mustard and the finely chopped sage, then season to taste.

Stir in the chicken gently and add the chopped parsley.

Pour the mixture evenly in several small pie dishes or alternatively a large pie dish.

Preheat the oven to 200c.

Roll out the chilled pastry quickly and carefully and cover the chicken mix in the dishes. Brush the pastry with a beaten egg and bake at 200c for 30 minutes.

Serve with a green salad and Chablis.



# The Goose Fat Information Service

Roast breast and confit leg of pheasant with a stew of white beans, thyme and smoked bacon

A take on a French Cassoulet, but using one of Britain's finest seasonal ingredients, pheasant. Pheasant is underused and offers extremely good value for money. Pheasant is in season from October to February.

**Serves 8**

## Recipe

4 hen pheasants, cut into breasts and thighs  
600g chunk of smoked streaky bacon or smoked pork  
500g dried haricot beans soaked for 24 hours in water  
100ml goose fat (plus about 250ml goose fat for confit legs)  
1 onion  
2 sticks of celery (chopped)  
2 carrots (chopped)  
4 cloves of garlic (chopped)  
1 bunch of thyme  
1 litre chicken stock  
500g canned chopped tomato  
100g dried breadcrumbs  
1 glass of white wine

## Method

To make the confit leg of pheasant:  
Preheat an oven to 140c.

To confit the pheasant legs fully submerge the thighs in goose fat in a large roasting pan. Slowly cook the legs in the oven for 2 to 3 hours.  
This will help the meat stay tender and not come out greasy.

To make the stew:

In a heavy pan heat 100ml of goose fat. Add the chopped celery, carrot, onion and garlic and sweat.

Take the rind off the bacon (but reserve as this can be added later for extra flavour in cooking) and cut it into 8 pieces. Add to the pan and brown.

Add half the chicken stock, the white wine, the thyme and the tomatoes to the pan. The rind of the bacon can be added to the dish for extra flavour. Simmer for one hour.

Meanwhile, cook the beans in water and the rest of the chicken stock until they are tender. This should take 10-15 minutes. Drain and add the beans to the pan and stir in.



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Preheat an oven to 220c.

In a separate pan brown the pheasant breasts skin side down in some goose fat. Remove from the pan and place them into the stew. Add the confit pheasant legs and sprinkle with breadcrumbs over the top of the dish before returning to the oven to brown.

Remove from the heat and bake for 20 minutes until the top is crunchy and golden.

Serve at the table, making sure that everyone gets a pheasant leg, a breast and a piece of bacon.

