FN1734 (Reviewed May 2019)

Pinchin' Pennie$ in the Kitchen

Tips and Recipes for Preparing Goose

Using game birds in your menus adds variety to your diet. Consider these tips as you expand your menu options to include game birds such as goose.

Tip 1. Goose is considered a "white" meat and has a similar taste and texture to pheasant, duck, chicken or turkey, so they can be used interchangeably.

Tip 2: Game meat usually has less fat, which means it tends to be dry. To compensate, use in soups and stews, bake in oven bags, or marinate before cooking as a fillet or stir-fry.

Tip 3. To keep as many juices as possible inside the meat, use tongs instead of a fork when cooking, and let it "rest" on a covered plate for five minutes before slicing against the grain to keep meat tender.

Tip 4. Handle game birds safely.

- Store raw wild game in the refrigerator below 40 F for up to two days or freeze for longer storage. Properly wrapped game birds can be stored in the freezer for up to six months for best quality.
- Be sure to keep game birds outside the "danger zone" temperatures of 40 F to 140 F to prevent harmful bacteria growth.
- Don't cross-contaminate. Keep ready-to-eat foods and raw meat stored in separate locations in the refrigerator.
- Wash your hands and food preparation equipment.
- Refrigerate any leftovers within two hours of cooking and use within three days.

Tip 5. Thaw and freeze game birds safely.

- Thaw frozen meat in the refrigerator in their original wrapping on the lowest shelf.
- For faster thawing, place meat in waterproof wrapping in cold water and change the water as needed to keep the temperature cold.
- Freeze meat in meal-size pieces and packages. Place a double layer of freezer wrap between individual pieces.
- Remove all air from packaging before freezing to maintain quality.
- For more freezing tips, see the "Food Freezing Guide" (available at www.ag.ndsu.edu/pubs/yf/foods/fn403.pdf).

Nutrition Facts

Serving Size: 3 ounces (85g)
Servings Per Container: Varies

Amount Per Serving	
Calories 200	Calories From Fat 100
	% Daily Value*
Total Fat 11g	17%
Saturated Fat 4g	19%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 65mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 25g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: Roasted goose, without skin.

Tip 6. Marinating: Try this moisture-rich marinade to tenderize skinless wild poultry:

Combine in a bowl: 2 cups buttermilk or yogurt (if using Greek yogurt, thin with a little milk), minced garlic or onion, freshly chopped herbs of choice and freshly ground white peppercorns. Marinate in refrigerator two to six hours. Try a splash of ranch ldressing for an extra kick (optional).

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Key to abbreviations

c. = cup(s)	g = gram(s)
lb. = pound(s)	oz. = ounce(s)
Tbsp. = tablespoon(s)	mg = milligram(s)
pkg. = package(s)	qt. = quarts
tsp. = teaspoon(s)	

Goose Stew

4 c. goose, chicken or turkey, diced in 1-inch pieces*

2 c. onion, diced

1 c. celery, ribs and leaves, chopped

1 Tbsp. poultry seasoning

¼ c. butter

5 c. low-sodium chicken broth

1 c. cooked white rice

On medium heat in a large kettle, sauté goose, onion, celery and poultry seasoning in butter. Add chicken broth and simmer five minutes. Stir in cooked rice and heat through. Serve with steamed squash cubes on the side (optional).

Makes six servings (1 cup each). Each serving has 220 calories, 10 g fat, 9 g carbohydrate, 23 g protein, 1 g fiber and 400 mg sodium.

*Can used leftover cooked poultry

Goose and Rice Casserole

2 c. goose, chicken or turkey, in bite-size pieces*

2 c. cooked rice

½ medium red or green pepper, chopped

1 medium onion, chopped

½ c. celery, chopped

1½ c. chicken broth, low-sodium

½ tsp. pepper

2 Tbsp. butter

2 c. cracker crumbs

Preheat oven to 350 F. Mix goose, rice, pepper, onion and celery in large bowl. Stir together chicken broth and pepper. Pour over chicken and rice mixture and gently stir until well blended. Place mixture in a greased 3-quart casserole dish. Melt butter in skillet. Add cracker crumbs and cook until brown. Sprinkle on top of casserole. Bake for 45 minutes or until bubbly and hot (165 F).

Makes seven servings (1 cup each). Each serving has 280 calories, 9 g fat, 16 g protein, 31 g carbohydrate, 1 g fiber and 500 mg sodium.

Recipe courtesy of the University of Illinois Extension Nutrition Education Program

Cream of Goose Soup

(pictured on Page 1)

1 c. onion, diced

½ c. celery, ribs and leaves, chopped

½ tsp. black pepper

1 c. carrot, diced

3 c. goose, chicken or turkey, diced*

2 qt. low-sodium chicken broth

¼ c. butter

¼ c. flour

1 c. 2% milk

In a large kettle, sauté onion, celery, pepper and carrot five minutes. Add goose and broth and bring to a boil for two minutes. Reduce heat to low and simmer for one hour. In a sauce pan, melt the butter and then blend in the flour until the mixture is light brown. Add milk to the sauce pan and stir until the mixture thickens. Add saucepan mixture to soup kettle. Serve when heated. Wonderful with slices of warm, whole-grain bread (optional).

Makes 10 servings (1 cup each). Each serving has 180 calories, 10 g fat, 15 g protein, 7 g carbohydrate, 1 g fiber and 540 mg sodium.

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For more information, see NDSU Extension publication "Wild Side of the Menu No. 1: Care and Cookery" (available at www.ag.ndsu.edu/pubs/yf/foods/fn124.pdf).

Check out the recipe database and other cooking/nutrition tips at

www.ag.ndsu.edu/food

For more information on this and other topics, see www.ag.ndsu.edu

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