

# GOOSE

## FROZEN WHOLE

for use in the USDA Household  
Commodity Food Distribution Programs

Revised: 02/23/04

### Product Description

Frozen non-basted (no solution or ingredients added) whole young geese, ready to cook, are U.S. Grade A, weighing 10-14 pounds with necks and giblets.

### Pack

Geese are packed as whole frozen birds with necks and giblets in a bag.

### Storage

- Keep goose frozen at 0°F or below in original package.
- Store leftover cooked goose in a covered container and refrigerate. Use within 2 to 3 days.
- Leftover cooked goose can be frozen at 0°F or below for up to 1 month.

### Uses and Tips

- Allow 8 to 12 ounces of frozen goose for each 3 ounce cooked serving.
- Thaw goose completely, under refrigeration, before cooking. (Depending on the size of the bird, thaw for 1½ to 2½ days.) Place goose, in its original wrap, on a tray to catch juices.
- Leftover stuffing, gravy, and meat should be refrigerated separately as soon as possible after serving.



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- Heat all leftovers to an internal temperature of 165°F before serving.

### Nutrition Information

- **Goose**, an all dark-meat poultry product, has a cholesterol level on a par with roasted chicken, or canned salmon.
- 2 to 3 ounces of goose provides 1 serving from the **MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP** of the Food Guide Pyramid.

*(See recipes on reverse side)*

Nutrition Facts			
Serving size 3½ ounces (100g) roasted goose			
Amount Per Serving			
<b>Calories</b>	<b>238</b>	Fat Cal	113
		<b>% Daily Value*</b>	
<b>Total Fat</b>	12.6g		<b>19%</b>
	Saturated Fat 4.5g		<b>22%</b>
<b>Cholesterol</b>	96mg		<b>32%</b>
<b>Sodium</b>	76mg		<b>3%</b>
<b>Total Carbohydrate</b>	0g		<b>0%</b>
	Dietary Fiber 0g		<b>0%</b>
	Sugars 0g		
<b>Protein</b>	28g		
Vitamin A	0%	Vitamin C	0%
Calcium	14%	Iron	15%
*Percent Daily Values are based on a 2,000 calorie diet.			

## Roast Goose with Fruit Stuffing

1 thawed raw goose, 12-14 pounds  
 1/3 cup butter  
 3/4 cup chopped celery  
 3/4 cup chopped onion  
 8 cups day-old bread cubes  
 3 cups chopped unpared apples  
 1 cup raisins  
 1 1/2 teaspoon salt  
 3/4 teaspoon black pepper  
 3/4 teaspoon thyme or sage

**Dressing recipe makes 8 1-cup servings.**

*Recipe provided by Wenk Foods,  
 Madison, South Dakota*

\* Can be cooked in water to cover, with onion, celery, and seasonings to make gravy - or save to make soup. Simmer, all but liver, for 1 hour until tender. Add liver last and cook only for 10 minutes longer.

1. Preheat oven to 400 F.
2. In a large pan, cook celery and onion in butter until tender, stirring occasionally.
3. Remove from heat and add bread cubes, apples, raisins, and seasonings. Set aside.
4. Remove neck and giblets from goose.\* Remove excess fat from body cavity and neck skin and discard. Pat goose dry with paper towels. Wings may be removed at second joint and cooked later\* or leave wings attached and bend them to the back.
5. Fill neck and body cavities with prepared fruit stuffing mixture.
6. Fold neck skin to back and turn under, covering opening (can fasten with skewers or toothpicks if you have them). Tie legs together or tuck in band of skin at tail, if present.
7. Place goose, breast-side up, on rack in large pan. Insert meat thermometer deep into thigh muscle, not touching bone.
8. Roast, uncovered, for 1 hour at 400°F.
9. Reduce temperature to 325°F and continue roasting for 2 to 2 1/2 hours until meat thermometer reaches 180°F.
10. During roasting, spoon off and discard accumulated fat at 30-minute intervals.
11. When roasting is complete, remove goose to a platter and allow to stand 20 minutes for easier carving.

### Nutrition Information for each serving of Roast Goose with Dried-Fruit Stuffing:

Calories	259	Cholesterol	21 mg	Sugar	23 g	Calcium	64 mg
Calories from Fat	85	Sodium	685 mg	Protein	3 g	Iron	1.6 mg
Total Fat	9.5 g	Total Carbohydrate	42 g	Vitamin A	83 RE		
Saturated Fat	5.5 g	Dietary Fiber	3 g	Vitamin C	6 mg		

## Old-Fashioned Goose Giblets and Barley Soup

2 tablespoons butter  
 1 cup sliced onion  
 Goose giblets, neck, and carcass  
 5 cups water  
 1 teaspoon salt  
 1/2 teaspoon celery salt  
 1 1-pound can tomatoes  
 1 cup barley  
 1 beef broth cube  
 1/2 teaspoon thyme

1. Melt butter in soup pot. Saute onion until limp, but not browned.
2. Add giblets, neck, carcass, water, salt, and celery salt.
3. Bring to a boil, reduce heat, cover, and simmer 1 hour.
4. Remove loose meat and bones with a slotted spoon. Cut meat from neck and carcass and finely chop giblets; return meat to soup pot.
5. Add tomatoes, barley, beef broth cube, and thyme.
6. Return soup to a boil, reduce heat, cover and simmer for 1 additional hour.

**Makes 4 2-cup servings**

*Recipe provided by Schiltz Foods, Sisseton, South Dakota*

### Nutrition Information for each serving of Old Fashioned Goose Giblets and Barley Soup:

Calories	321	Cholesterol	167 mg	Sugar	4 g	Calcium	52 mg
Calories from fat	81	Sodium	1363 mg	Protein	17 g	Iron	4.6 mg
Total Fat	9.0 g	Total Carbohydrate	42 g	Vitamin A	792 RE		
Saturated Fat	4.5 g	Dietary Fiber	9 g	Vitamin C	9 mg		

**These recipes, presented to you by USDA, have not been tested or standardized.**

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