

FN1734 (Revised April 2024)

## 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 its 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.ndsu.edu/agriculture/extension/publications/food-freezing-guide](http://www.ndsu.edu/agriculture/extension/publications/food-freezing-guide)).

Nutrition Facts	
Varies servings per container	
<b>Serving size 3 ounces (85g)</b>	
<b>Amount per serving</b>	
<b>Calories 170</b>	
<small>% Daily Value*</small>	
<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 130mg	<b>6%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 14g	
Vitamin D 0mcg	<b>0%</b>
Calcium 10mg	<b>0%</b>
Iron 2mg	<b>10%</b>
Potassium 190mg	<b>4%</b>

INGREDIENTS: Wild goose, breast meat, roasted.

**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 dressing 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 use leftover cooked poultry



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## 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

- 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 saucepan, melt the butter and then blend in the flour until the mixture is light brown. Add milk to the saucepan 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.ndsu.edu/agriculture/extension/publications/wild-side-menu-no-1-care-and-cookery](http://www.ndsu.edu/agriculture/extension/publications/wild-side-menu-no-1-care-and-cookery)).*

Check out the recipe database and other cooking/nutrition tips at  
[www.ag.ndsu.edu/food](http://www.ag.ndsu.edu/food)

For more information on this and other topics, see [www.ndsu.edu/extension](http://www.ndsu.edu/extension)

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