



## ROAST GOOSE WITH DUMPLINGS AND RED CABBAGE

DARIO QUINTEROS, KARMA BAVARIA HEAD CHEF

The tradition of roasting a goose for Christmas has its origins in mediaeval Europe, where geese were commonly raised on farms. In Bavaria and other German regions, roast goose became a popular choice for festivities, especially on Christmas Eve. The ingredients and cooking methods have evolved over time, giving rise to the characteristic recipe we know today.

Roast goose is considered a festive and celebratory choice in Bavaria, and its preparation is imbued with cultural significance. The goose is commonly associated with special celebrations and is valued for its juicy and flavorful meat. The choice of accompaniments such as dumplings and red cabbage also reflects the richness of local ingredients and culinary traditions.

### Equipment Needed:

- Conventional Oven
- Roasting Pan
- Cooking pot
- Mixing Bowls
- Cutting Board and knife
- Saute Pan
- Grater
- Ladle
- Cooking Twine
- Thermometer
- Spoons and utensils

### Ingredients:

#### For the Goose:

- 1 goose (approximately 4-5 kg)
- Salt and pepper to taste
- 2 apples, peeled and quartered
- 1 onion, cut into large pieces
- Fresh rosemary and thyme for flavouring

#### For the Dumplings (Knödel):

- 6 bread rolls (brötchen) or white bread, cut into cubes
- 250 ml warm milk
- 2 eggs
- 1 teaspoon salt
- A pinch of nutmeg
- Chopped fresh parsley
- 100 gr butter
- 100 gr flour

#### For the Red Cabbage:

- 1 red cabbage, finely shredded
- 2 apples, peeled and grated
- 1 onion, finely chopped
- 2 tablespoons lard
- 200 ml apple cider vinegar
- 100 gr sugar
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 2 tbsp honey - (here i used scottish heather honey)
- 50ml Whisky - choose any of your favourite malts

#### Prep Time

2 hours

#### Cook Time

Approximately 3 hr

#### Serves

6 to 8 people

### Procedure:

- Preheat the oven to 180°C.
- Season the goose with salt and pepper and stuff it with apples, onions, rosemary, and thyme.
- Roast the goose for about 3 hours until the skin is crispy and the meat is tender.
- For the dumplings, soak bread rolls in warm milk, squeeze out excess liquid, and mix with eggs, salt, nutmeg, and parsley. Form dumplings and cook until they float.
- Sauté onions in lard for the red cabbage. Add shredded cabbage and grated apples. Cook until tender, then add apple cider vinegar, sugar, salt, and cinnamon. Simmer until well blended.
- Use the roasted goose juices for gravy. If needed, add broth, red wine, or water. Reduce the sauce over low heat and season to taste.
- Serve the roast goose with dumplings, red cabbage, and gravy.