



What's Cooking Pascal?

## Roasted Goose with Barenjager Lime Caramel Sauce

### Ingredients for 8 persons

1 Goose (about 8 pounds)  
3 tablespoons vegetable oil  
Salt and pepper to taste  
1 teaspoon ground ginger  
1 teaspoon allspices  
1 cup honey  
1 stick butter  
½ cup orange juice  
3 teaspoons lime juice

### Lime Caramel Sauce

1 cup lime juice  
1 cup sugar  
6 tbsp water  
4 tbsp Barenjager

### Garnish

2 mangoes, peeled and sliced  
4 bananas, cut in half  
6 slices of pineapple  
¼ cup unsalted butter



### Preparation

Preheat the convection oven to 475F. To prepare the goose for roasting: cut off the wing tips, leave the fat on the tail section and truss the goose. Put the oiled and seasoned goose in a non-stick roasting pan. Place it in the oven on lower rack and reduce heat to 375F.

In a saucepan mix the remaining ingredients and bring to a boil for 3 minutes. Baste the honey mixture over the goose. Cover and roast for 30 minutes. Uncover the goose and turn breast side down, basting occasionally with the rest of the honey mixture, until the goose is very tender, about 1 1/2 hours. Turn the goose breast side up for the last half hour to brown. The goose will be cooked when the thermometer, placed in the thigh, reads an internal temperature of 165F.



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**Barenjager Lime Caramel Sauce.** In a saucepan place the sugar, lime juice and water and bring to a boil over high heat, swirling the pan to dissolve the sugar. Boil, without stirring, until the mixture turns a blond caramel color. Remove the pan from heat, standing well back; add Barenjager liquor and stir well. Dip the base of the pan into cold water to prevent the caramel cooking further.

Add 2 tbsp water to the caramel, pouring it down sides of the pan, and swirl to combine.

**Garnish.** On medium-high heat, melt the butter and sauté each fruit until golden color.

To serve, place the goose on the platter, garnish with sautéed fruit. Heat the sauce and pour a few tablespoons of sauce over the goose.

Bon Appétit,

Pascal Courtin