

# Goose roasted overnight

Cuisine: **Czech**  
Food category: **Poultry**



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## Program steps

|   |                                                                                               |                                                                                         |                                                                                                       |                                                                                               |                                                                                            |                                                                                           |                                                                                     |
|---|-----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| 1 |  Combination |  50 %  |  Termination by time |  10:30 hh:mm |  78 °C  |  50 %  |  |
| 2 |  Hot air     |  100 % |  Termination by time |  00:20 hh:mm |  190 °C |  100 % |  |

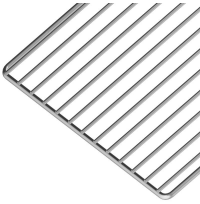
| Ingredients - number of portions - 4 |       |      |
|--------------------------------------|-------|------|
| Name                                 | Value | Unit |
| whole chilled goose                  | 1     | pcs  |
| caraway seeds                        | 20    | g    |
| salt                                 | 20    | g    |
| apples                               | 1     | pcs  |
| white onion                          | 10    | g    |
| herbs                                | 2     | g    |

| Nutrition and allergens                               |         |
|-------------------------------------------------------|---------|
| Allergens:                                            |         |
| Minerals: Ca, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, Se, Zn |         |
| Vitamins: A, B, C, E, K, Kyselina listová             |         |
| Nutritional value of one portion                      | Value   |
| Energy                                                | 17.9 kJ |
| Carbohydrate                                          | 0.7 g   |
| Fat                                                   | 0.8 g   |
| Protein                                               | 1 g     |
| Water                                                 | 0 g     |

Directions

Clean, wash, salt and marinate the whole goose. Inside the goose, we put an apple cut into wedges and garlic. We put it in the convection oven on the rack and bake overnight on the specified program. The second step of the program cooks the goose to a beautiful golden brown colour.

## Recommended accessories



Stainless wire shelving