KIKKOMAN

Christmas goose with baked apples and soy sauce

Total time **180 mins** **180 mins** preparation time

Nutritional facts (per portion):
1,313 kJ / 313 kcal

INGREDIENTS

4 portion(s)

For the goose:

1	ready-to-cook goose (2.5 kg)
	Freshly ground pepper
1	onion
1	garlic clove
2 tbsp	butter
200 g	brown bread
3	apples
80 g	chopped pistachio nuts
5 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 tsp	ground ginger
2 tbsp	Honey

For the baked apples:

4	cooking apples
100 g	marzipan
50 g	raisins
2 cl	amaretto
1 tbsp	butter

For the gravy:

400 ml	goose stock (out of the jar)
2 tbsp	crème fraîche
2.5 tbsp	Kikkoman Naturally Brewed Soy Sauce
2 tbsp	sauce thickener

PREPARATION

Step 1

Wash the goose, dab dry and season inside and out with pepper. To make the stuffing, peel and dice the onions and peel and crush the garlic. Melt the butter in a pan and sauté the onions and garlic in it. Pre-heat the electric or gas oven to 200°C, or 180°C if you have a convection oven.

Step 2

Cut the brown bread into cubes, peel and quarter the apples, then remove the cores and dice. Mix together the bread, apples, pistachio nuts and three tablespoons of Kikkoman Soy Sauce and season with salt, pepper and ginger. Fill the cavity of the goose with stuffing and close with skewers. Place the goose breast down in a roasting tin and roast for approx. 2 hours. Baste several times during the roasting process and turn the goose over when it has been cooking for approximately 1 ½ hours. Stir together the honey and the remaining soy sauce and baste the goose with it for the final ten minutes of the cooking time.

Step 3

Wash and core the cooking apples. Mix together the marzipan, raisins and amaretto and put the mixture into the centre of the apples. Place a dab of butter on top of each apple, arrange them on a soufflé dish and bake in the oven with the goose for the last 20 minutes of the cooking time.

Step 4

To make the gravy, heat up four tablespoons of roasting juices with the goose stock, bring to the boil, stir in the crème fraîche, season with soy sauce and thicken with sauce thickener. Serve the goose with the gravy, roast apples, red cabbage and potato dumplings.