



Quack[®] recipes



Let's cook
healthy and tasty!

GOOSE CASOEULA

Ingredients:

- Extra virgin olive oil
- Onions
- Celery
- Carrots
- Savoy cabbage
- Tomatoes
- Bay leaves
- Red wine
- Salt and pepper
- Pieces of goose meat
(legs, wings, breast)



Preparation:

Sauté vegetables (except for Savoy cabbage, tomatoes and bay leaves) with olive oil and add the pieces of goose meat. Add salt and pepper and let it brown for about 30-35 minutes simmering with red wine. In the end, add the Savoy cabbage, tomatoes and bay leaves. Let it cook for 30 minutes more.

Notes:

If the Savoy cabbage results to be too dry, add vegetable broth.
We suggest you to prepare goose casoeula the day before eating it.



GOOSE RAVIOLI WITH ALMONDS AND ARTICHOKES

Ingredients (for 4 people):

- 1 pack of goose ravioli
- 2 artichokes
- 1 clove of garlic
- 50 gr of almonds (whole or flakes)
- Parsley (to your liking)
- Salt and pepper
- White wine
- Grated Parmesan cheese



Preparation:

Clean out the artichokes and cut them into thin slices.

Brown the clove of garlic, put it away and add the artichokes. Pan-fry the artichokes for a few minutes, put a pinch of salt and cover them with $\frac{3}{4}$ of water. Let them cook for 40 minutes and if necessary add more water.

Cook the ravioli for 2 minutes in hot water, drain and put them into the pan with the artichokes, drain and put them into the pan with the artichokes. Add the almonds and pan-fry with parsley (to your liking).

Serve hot with some grated Parmesan.



GOOSE CANNELLONI

Ingredients (for 4 people):

- 1 pack of goose cannelloni
- Double cream
- Fois Gras Paté
- Chives
- Almond flakes



Preparation:

Melt two spoons of fois gras paté in a small pot.

Put wax paper on the baking tray and put on the oven setting it at 180°C.

Dip the cannelloni into the double cream, put them on the baking tray and bake for about 8-9 minutes.

Put the baked cannelloni on a platter and spread with the melted fois gras, the thin cut chives and the almond flakes.

Serve hot.



ROASTED GOOSE

Ingredients:

- Extra virgin olive oil
- Rosemary
- Shallot
- White wine
- Salt
- Pepper
- Whole goose

Preparation:

Cut the shallot into 4 parts. Add olive oil, salt, pepper and rosemary and put the whole goose into the preparation. Cover the goose with aluminium foil, put it into the oven at 100°C and roast it for 30 minutes.

Set the oven at 150°C and keep simmering the goose with white wine for 40-45 minutes. Don't forget to turn it upside down sometimes.

Take out the aluminium foil and set the oven at 180°C. Keep simmering with the wine and roast the goose for 30 minutes more.



GOOSE WITH CITRUS FRUITS

Ingredients (for 4 people):

- 4 goose legs
- 1/2 onion
- 2 oranges (or grapefruits)
- 1 lemon
- 1 glass of white wine
- Salt and pepper
- 2 glasses of orange juice
- Bouillon cube



Preparation:

Brown the onion, add goose legs cut into two halves and sauté for a few minutes. Add the white wine and the bouillon cube. When the wine dries off add the citrus fruits (with the skin) cut into thin slices of about 1 cm, salt and pepper and orange juice. Add half glass of water and cook over low heat for about 1 hour. Serve hot.



GOOSE WITH TUNA SAUCE

Ingredients (for 4 people):

For the sauce:

- 300 gr of sunflower oil
- 100 gr canned tuna
- 10 capers
- 3 anchovies fillets
- 1 teaspoon of vinegar
- 1 egg
- Salt

For the meat:

- 1 carrot
- 1 leg of celery
- 1 onion
- 1 spring of rosemary
- 2 spoons of olive oil
- 5 bay leaves
- 1 whole goose breast
- Sale q.b

Preparation:

Boil the breast in hot water with the vegetables, rosemary, bay leaves, olive oil and a pinch of salt for 30 minutes. Let it cool down in the broth.

Prepare the sauce: put the tuna in a bowl with the capers and the anchovies: whip all together. Add salt, egg and vinegar: whip again. Drizzle in the olive oil and keep whipping until you will obtain a soft cream.

Cut the boiled breast into thin slices, put them on a platter and cover with the tuna sauce and some capers. Serve cold.



GOOSE MEAT SAUCE

Ingredients:

- Extra virgin olive oil
- Salt and pepper
- 1 onion
- Celery
- 1 carrot
- Red Wine
- 300 gr tomato puree
- 600 gr grinded goose meat

Preparation:

Sauté the vegetables and add the meat, simmer with red wine and let it dry off for 10 minutes. Add the tomato puree and blend slowly.
Cook over low heat for about 2 hours.

Notes:

You can use it to prepare the parmigiana, lasagna and as a topping for pasta.



GOOSE TAGLIATA

Ingredients:

- Salt
- Rosemary (powder)
- Garlic (powder)
- Sage (powder)
- Thyme (powder)
- Pepper
- 1 goose breast
- Chives (powder)

Preparation:

Put the stone in the oven at 200°C.

Flavour goose breast with the powder spices (except for chives), salt and pepper and put it on the baking tray with the skin upwards. Put into the oven at 200°C for 10 minutes.

Cut the breast into slices 2 cm thick and put them on the hot stone (or on a hot pan) topping with the chives powder.



GOOSE DELICACIES WITH PEPPERS

Ingredients (for 4 persons):

- 1 goose breast
- Extra virgin olive oil
- 1 onion
- 2 peppers (1 red and 1 yellow)
- Red wine
- Salt and pepper
- Bouillon cube

Preparation:

Cut goose breast into cubes and sauté into the pan with the onion and half bouillon cube. Simmer with red wine and let it brown for 30 minutes.

In the meantime slice the two peppers and sauté into the pan with olive oil and a pinch of salt for 2-3 minutes.

After the 30 minutes, add the sliced peppers to the browned meat and let it cook for 10 minutes more.



GOOSE MEAT BALLS

Ingredients (for 4 people):

- 1 goose breast
- 1 egg
- 100 gr grated Parmesan cheese
- 150 gr ricotta cheese
- 70 gr minced ham
- Rosemary
- Parsley (to your liking)
- Breadcrumbs



Preparation:

Put the goose breast without skin into the pan with white wine, a pinch of salt, pepper and rosemary. Cook over low heat for about 30 minutes. Let it cool down and grind the meat. Add all the other ingredients and mix until you get a uniform dough. Shape the dough into balls, roll into beaten egg and then into breadcrumbs and fry or bake in the oven.

