



Snow Goose with Wine Sauce and Blueberry Relish



INGREDIENTS-

2 goose breasts
1 lemon
4 bacon rashers (strips)-chopped
1 onion
1 garlic clove
2 carrots
2 celery sticks
4 mushrooms
1 Tbsp./15ml tomato purée
3 Tbsp./45ml brandy
1 cup/150ml port
1 1/4 cups/300ml red wine
3 3/4 cups/900ml chicken stock
1 Tbsp./15ml red pepper jelly
2/3 cup/150ml cream
thyme sprigs
bay leaf

RELISH-

1 package blueberries
1 Tbsp/15ml sugar
1 Tbsp/15ml balsamic vinegar
2 limes-grated and juiced
fresh parsley

STEPS

1. Place goose breasts in bags with thyme, lemon slice, and a splash of brandy. Seal and put in sous vide pot for 3 hours at 140°F/60°C
2. In a pan, add bacon and brown. Add in chopped onion, celery, carrots, and mushrooms. Cook about 10 minutes. Add tomato purée and garlic.
3. Stir in red wine, port, and brandy. Add stock and bring to a boil. Add bay leaf, thyme, and jelly. Reduce heat and let simmer for 1 hour.
4. Make the relish by pouring blueberries in a bowl. Add sugar, lime rind, and juice, parsley, and vinegar. Stir and set aside.
5. Use a hand blender to mix to desired concentration. Add cream and bring just to boiling.
6. Ladle reduction into dishes and top with sliced goose and blueberry relish. Serve piping hot.