Retigo Combionline | Cookbook | Poultry 4. 12. 2023

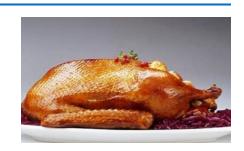
## Goose roasted overnight

Cuisine: Czech

Food category: Poultry



Author: Vlastimil Jaša Company: Retigo



### Program steps

| 1 | Combination                 | <b>5</b> 0 | % | Termination by time          | <b>②</b> 10:30 | hh:mm | <b>₿≎</b> 78   | °C | <b></b> 50 | % | X              |
|---|-----------------------------|------------|---|------------------------------|----------------|-------|----------------|----|------------|---|----------------|
| 2 | <b>&gt;&gt;&gt;</b> Hot air | 100        | % | (Page 1) Termination by time | <b>②</b> 00:20 | hh:mm | <b>∂</b> ≎ 190 | °C | 100        | % | $\overline{X}$ |

### Ingredients - number of portions - 4

| Name                | Value | Unit |
|---------------------|-------|------|
| whole chilled goose | 1     | pcs  |
| caraway seeds       | 20    | g    |
| Salt                | 20    | g    |
| Apples              | 1     | pcs  |
| garlic              | 10    | g    |
| herbs               | 2     | g    |

# Nutrition and allergens

Allergens:

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, E

| Nutritional value of one portion |         |  |  |
|----------------------------------|---------|--|--|
| Energy                           | 19.8 kJ |  |  |
| Carbohydrate                     | 1 g     |  |  |
| Fat                              | 0.8 g   |  |  |
| Protein                          | 1.2 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 grate and bake overnight on the specified program. The second step of the program cooks the goose to a beautiful golden brown.

### Recommended accessories

