

Goose Stew

BY OODLOORIAQ PUDLAT
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Goose stew can be cooked in different ways. In this recipe, Oodlooriaq makes one pot with only salt, pepper, and a flour mix added. In a second pot, she makes a stew with carrots, celery, and soup-mix.

INGREDIENTS

Goose	Soup mix
Water	10 potatoes
1.5 handfuls of salt	1 onion
To taste - pepper	1 celery stalk
1 tbsp of flour	1 bag of carrots

TOOLS

Knife or ulu	Cup
Large spoon	Fork
2 pots	Cutting board
Large fork	Cooking pot





PLAIN BOILED GOOSE

1. Skin one goose
2. Cut up goose into small portions ready to boil
3. Place in an iron or cast-iron pot
4. Put water in pot and bring to a boil
5. Add a handful of salt and pepper to taste
6. Reduce heat, but ensure the pot keeps boiling
7. Add one cup of water
8. Stir in flour to make a gravy-like consistency
9. Add into the pot
10. Keep stirring the meat, turning the pieces over so that they cook evenly
11. Serve once goose meat is thoroughly cooked
12. Scoop some of the fat from the pot and put in a cup for dipping

GOOSE VEGETABLE STEW

1. Skin one goose
2. Cut up vegetables (you can also fry vegetables as a side dish if you like)
3. Cut up the goose into smaller portions to boil
4. Put cut up goose portions in a iron or cast-iron pot
5. Bring water to boil in the pot
6. Add a handful of salt and pepper to taste
7. Add carrots and potatoes
8. Keep the pot boiling
9. Add in and stir the soup mix
10. Keep stirring the meat, turning the pieces over so that they cook evenly
11. Serve once goose meat is thoroughly cooked
12. Scoop some of the fat from the pot and put in a cup for dipping

