

# Wild Goose Breasts Baked with Marmalade Glaze

## You will need:

4 wild Pinkfoot or Greylag goose breasts  
olive oil

1 tbsp brandy or Grand Marnier (optional)

finely grated zest & juice of 1 orange & 1 lemon

2 tbsps good-quality marmalade

1 tsp treacle

2 tbsps soy sauce

1 garlic clove, crushed

salt & freshly ground black pepper



- Preheat oven to 190°C / Fan 170°C / Gas Mark 5.
- Rub the breasts with olive oil, salt and pepper then quickly brown on both sides in a hot pan.
- Place skin-side up in a baking dish. Mix the optional brandy or Grand Marnier with the orange and lemon zest and juice, marmalade, treacle, soy sauce and garlic. Spoon the glaze over the breasts and bake for 15-20 minutes for pink, 20-30 for well-

cooked (but could be tough!), basting at least twice. Remove from the oven and allow to rest in a warm place for 5 minutes. Serve sliced with the pan juices spooned over.

Note: Smaller breasts will take less time to cook.

Serves 4-6



## Having your geese & eating them

Greylag geese in Orkney are valuable to the islands' nature. The resident greylag population has expanded rapidly, causing significant agricultural damage. This has presented some challenges for farmers trying to farm in sometimes difficult conditions.

We should ensure a viable goose population which can be managed sustainably to minimise agricultural issues while generating important income for the local people.

The Orkney Resident Greylag Goose Adaptive Management Pilot encourages a sustainable harvest of geese. Goose meat is a good, healthy source of protein and we should all be encouraged to eat fresh, eat seasonal, and eat local.

Scottish Natural Heritage has licenced the sale of wild goose meat that has been harvested under the supervised scheme. Sale of these birds is only via licensed sellers on Orkney.

These tightly controlled licences will allow local businesses to sell and prepare fresh, seasonal wild goose meat. This will help stop these geese going to waste and will generate income for the local community. In Orkney the project has been developed and managed in conjunction with the Local Goose Management Group (LGMG) which includes: National Farmers Union of Scotland (NFUS), Scottish Government Rural Payments & Inspections Directorate (SGRPID), Scotland's Rural College and local farmers.



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