

Orkney Wild Goose Casserole

You will need:

1 onion
1 stick celery
1 wild goose
1 tablespoon oil
1 tablespoon butter

200 ml apple juice
150ml chicken stock – made from a cube
100ml Highland Park whisky
1 bayleaf
Ground blackpepper

1-2 sprigs thyme
1 large cooking apple
Salt and pepper
1 level tablespoon cornflour



- Place the onion and celery inside the bird and truss the legs together well.
- Brown the bird well in the mixture of oil and butter in the casserole, leave the bird breast down.
- Mix the apple juice, water and Highland Park and pour over the bird, then add the bayleaf, a couple of turns of ground pepper and the sprig of thyme.

Bring to a simmer and place in a moderately low oven (170c, 325F, Mark3) for about 2 hours, basting occasionally. After one hour add the chopped apple.

- When the bird is cooked, strain off the juice and thicken with a little cornflour mixed with water, season to taste with salt and pepper.

- Really important when you're serving game to have the serving dishes and the plates hot.
- Serve with creamy mashed potatoes and winter green vegetables





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.



Scottish Natural Heritage
Dualchas Nàdair na h-Alba
All of nature for all of Scotland
Nàdair air fad airson Alba air fad

ER & T CRAIGIE
WHOLESALE BUTCHER

To purchase wild goose meat contact
ER&T Craigie Butchers. Telephone 01856 861216
or email craigiebutchers@hotmail.co.uk