



Goose legs with mashed potatoes and Underberg plums

Ingredients

Serves 4

For the goose legs and plums

- 4 goose legs
- 3 onions
- 1 tablespoon of clarified butter
- 4 sprigs thyme
- 2 cloves
- 2 bay leaves

- 4 cl Underberg
- 500 ml vegetable broth
- 400 g plums
- 1 apple
- salt, pepper

For the mashed potatoes

- 400 g potatoes
- 2 tablespoons butter
- 100 ml milk
- 1 pinch of nutmeg
- salt, pepper

Preparation

Preheat oven to 180 °C circulating air. Melt the clarified butter in a roaster and fry goose legs on all sides for 2-3 minutes at high heat. Take out goose legs and put aside on a plate.

Peel onions and cut into fine strips. Wash and halve the plums and remove coring. Then cut the plum halves in half again. Wash the apple, remove seeds and cut into small pieces. Sauté onions, apple and 2/3 of the plums in hot roast for 2-3 minutes.

Add thyme, bay leaves and cloves and fry. Top with Underberg and vegetable stock. Place the goose legs on the plums with the skin side up, close the lid and cook the legs in the oven for about 45-60 minutes. Tenderly cooked, the legs should have a core temperature of 75-80 °C, for well done 90 °C.

For the mashed potatoes peel the potatoes, cut them into small pieces and cook them in boiling salted water for about 15-20 minutes. Drain water, add butter, milk and nutmeg and mash potatoes with a potato masher. Season to taste with salt and pepper.

Remove roaster from the oven, put goose legs from the roaster on a rack and continue cooking at 200°C for about 10 minutes until the skin is crispy.

Put roaster on the stove, stir in starch, bring plum sauce to a boil. Add remaining plums and boil it down at medium heat for 10-15 minutes. Remove clove, bay leaf and thyme. Season to taste with salt and pepper and serve with the mashed potatoes and goose legs.

Preparation time: 90 minutes

Nutritional values per serving: 811.5 kcal/3400.5 kJ

43,2 g carbohydrate

74,4 g protein

34,0 g fat