

# Goose roasted overnight

Cuisine: Czech

Food category: Poultry



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Company: Retigo



## Program steps

1	Combination	50 %	Termination by time	10:30	hh:mm	78 °C	50 %	
2	Hot air	100 %	Termination by time	00:20	hh:mm	190 °C	100 %	

## Ingredients - number of portions - 4

Name	Value	Unit
whole chilled goose	1	pcs
caraway seeds	20	g
salt	20	g
apples	1	pcs
white onion	10	g
herbs	2	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 rack and bake overnight on the specified program. The second step of the program cooks the goose to a beautiful golden brown colour.

## Nutrition and allergens

Allergens:

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

Vitamins: A, B, C, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	17.9 kJ
Carbohydrate	0.7 g
Fat	0.8 g
Protein	1 g
Water	0 g

## Recommended accessories

