



Wild Goose Breasts with Orange Glaze

"This is a great recipe for that wild bird you're not sure what to do with. Sweet and tangy at the same time."

INGREDIENTS

- 4 wild goose breasts
- salt to taste
- 1 dash dry vermouth (optional)
- 1 tablespoon grated orange zest
- 1 orange, juiced
- 1 teaspoon lemon juice
- 1 teaspoon brown sugar
- 1 clove garlic, minced
- 1 tablespoon soy sauce
- 1/2 teaspoon dry mustard
- 1/4 teaspoon cayenne pepper

DIRECTIONS

1. Preheat oven to 350 degrees F (175 degrees C). Rinse the breasts in cold water, and place in baking dish. Soak with vermouth, then season with salt; set aside.
2. In a medium bowl, combine orange zest, orange juice, lemon juice, brown sugar, garlic and soy sauce. Season with mustard and cayenne. Pour glaze over breasts in baking dish.
3. Bake in preheated oven for 30 minutes, or until no longer pink and juices run clear. Baste at least twice during cooking.

Credits: ALLGORN / World Wide Trophy Adventures

