

Roasted Goose Breast

2 Goose Breasts

Italian seasoning

1/2 Tablespoons dried basil

1/2 Tablespoons dried oregano

1/2 Tablespoons dried rosemary

1/2 Tablespoons dried thyme

3tbsn of Olive oil

Salt and pepper to taste

Red wine vinegar

Brine for breast

Large bowl that has a lid

28oz of warm water

4oz of apple cider vinegar

4oz of balsamic vinegar

½ cup of sea salt

½ cup of brown sugar

2tbsn of Worcestershire Sauce

3 to 4tbsn of chopped garlic

2tbsn of pepper corns

In a large bowl mix together the warm water with brown sugar and salt. Stir until all of the sugar and salt is dissolved. Add Worcestershire Sauce, peppercorns and garlic, stir well. Cool brine to room temperature. Wash Goose breast well with cold water and place in brine. Place in refrigerator for 24 hours. Remove breast from brine and rinse thoroughly under cold water.

Preheat oven to 350. In a baking pan add some of oil and place breasts, cover with the rest of oil. Add seasoning and cover. Bake in oven for 1 hour. Remove cover and return to oven for 20 min.