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## How to Roast a Goose

From the Victorian Christmas Dinner of the  
Manassas Gourmet Club  
Original recipe is from Eliza Acton,  
"Master Cookery in All its Branches" 1848.

### Preparation Notes

*"After it has been picked and singed with care, put into the body of the goose two parboiled onions of moderate size, finely chopped and mixed with half an ounce of minced sage leaves, a saltspoonful of salt and half as much black pepper or a proportionate quantity of cayenne; to these add a small slice of fresh butter. Truss the goose and after it is on the spit, tie it firmly at both ends that it may turn steadily and that the seasoning may not escape; roast it at a brisk fire and keep it constantly basted. Serve it with brown gravy and apple or tomato sauce. When the taste is in favour of a stronger seasoning than the above, which occurs, we apprehend, but seldom, use raw onions for it and increase the quantity; but should one still milder be preferred, mix a handful of fine bread crumbs with the other ingredients, or two or three minced apples ... A teaspoonful of made-mustard, half as much of salt and a portion of cayenne, smoothly mixed with a glass of port wine, are sometimes poured into the goose just before it is served, through a cut made in the apron..."*

**Eliza Acton, "Master Cookery in All its Branches" 1848**