



Goose Vindaloo

1 Tbsp. chilies, crushed
½ cup red wine vinegar
4 cloves garlic, chopped
2 inches of ginger root, finely minced

Meat from two geese (legs included), cubed
1 Tbsp. coriander, ground
2 tsp. cumin, ground
1 tsp. turmeric, ground
1 tsp. black pepper

2 Tbsp. oil
1 tsp. salt
1 Tbsp. brown sugar

Soak chilies in the vinegar for ½ hour. Add garlic and ginger to the chili/vinegar mixture and place in blender. Blend at on medium setting until paste is formed. Remove paste from blender to glass bowl, adding water to get the last bit out.

Add the goose meat and the next 4 ingredients. Marinade for at least two hours at room temperature or up to 24 hours under refrigeration. Stirring the marinade occasionally.

Heat oil in a cast iron frying pan, add the meat and sauce. Add the salt, cover and simmer over medium-low heat until the meat is tender (about 1 hour). If the vindaloo seems too dry add water.

The mixture can also be transferred to a slow cooker to maximize tenderness but you may want to cut the spices by half if a slow cooker is used. This method will intensify the flavor and heat added by the spice.

Add the sugar and stir just before serving. Vindaloo is best served over rice and can be garnished with raisins, sliced apples and slivered almonds.

Submitted by: Pat Kehoe

--Featured at 2011 Outdoor Women's Program Wilderness Cuisine Session