



Szechuan Goose

2 snow geese

2 eggs

2 tsp. salt

4 Tbsp. corn starch

1 large onion

4 cloves garlic

2 Tbsp. fresh ginger root, minced

1 tsp. chilies, dried and crushed

1 Tbsp. picked hot pepper, diced

¼ cup chicken stock

2 Tbsp. tomato catsup

3 Tbsp. soy sauce

2 Tbsp. Hoisin sauce

1 Tbsp. red wine vinegar

2 Tbsp. pale sherry or rice wine

1 Tbsp. white sugar

Cut geese into strips about ¼ inch thick.

Blend egg, salt and cornstarch into thin batter, coat meat with mixture. Cook in deep fryer, remove, drain and set aside.

Heat oil in a large frying pan, add the vegetables and stir-fry over high heat for 2-3 minutes or until onion just starts to brown.

Add the liquids and sugar and stir over medium-high heat until sauce thickens. Add the cooked goose and cook over low heat for an additional 5 minutes. Serve over rice or noodles with a vegetable stir fry as a side dish.

Submitted by: Pat Kehoe

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