



Eat Game? Eat Fish? Want to?

In celebration of the culinary bounty of fish and game found in New York State, this web resource offers recipes and information based on fish and game that is currently or soon to be in season. Check it out at www.wildharvesttable.com!



Cornell University
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Cornell Cooperative Extension provides equal program and employment opportunities.



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Slow-Cooked BBQ Canada Goose

Breast meat from 1 goose, about 2 lbs., boneless and skinless, or duck breasts
1 large onion, chopped
3 cloves garlic, crushed
2 – 4 cups apple cider juice or chicken stock
favorite barbecue sauce

Place goose breasts in a slow cooker and add the onion, garlic, and enough juice or stock to cover the meat. Simmer on low heat for 6-8 hours. This can also be done in a Dutch oven or braising pan placed in the oven at 300 degrees for 3+ hours (make sure the liquid does not cook off). The meat should be tender and easily shredded when done. Remove the goose meat from the pan and shred the meat. Discard the cooking liquid and veggies. Mix the goose meat with your favorite BBQ sauce and heat through. Great for sandwiches. Serves about 8.

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Nutrition Facts

Serving Size 3 oz. Servings Per Container ~8		
Amount Per Serving		
Calories	160	Calories from Fat 40
% Daily Value*		
Total Fat	4.5g	7%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	90mg	30%
Sodium	60mg	3%
Total Carbohydrate	2g	1%
Dietary Fiber	0g	0%
Sugars	2g	
Protein	28g	
Vitamin A	0%	Vitamin C 2%
Calcium	0%	Iron 35%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Saturated Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
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Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4		

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