



German Christmas Dinner:

Goose Breast with Red Cabbage & Bread Dumplings

RECIPE BY

Ludger Wessels,
Executive Chef,
HUDS' Crimson Catering

Makes 4-6 Servings

INGREDIENTS

GOOSE BREAST

- 1 goose breast
- 2 Tbs orange juice
- 3 Tbs goose stock or chicken stock
- 2 Tbs red wine
- 1 onion
- 1 carrot
- ½ celery root
- 1 apple
- 1 sprig rosemary
- A pinch of salt
- A pinch of pepper

GRAVY

- Reduced drippings/
water from the goose breast
- 1 orange: the whole peel and juice
from half the orange
- ½ cup red wine
- 150 ml sour cream
- A pinch of salt
- A pinch of pepper
- 1 tsp. cornstarch

RED CABBAGE

- 1 small head of red cabbage
- 2 apples
- 1 onion
- 8 cloves
- 300 ml poultry stock
- 500 ml red wine
- 2 tbs. cornstarch
- 3 tbs granulated sugar
- ¼ cup goose lard or butter
- A pinch of salt
- 2 bay leaves
- 8 black peppercorns
- 8 juniper berries
- 4 oz red currant jam

BREAD DUMPLINGS

- 5 dry bread rolls
- ½ cup parsley
- 1 onion
- 1/3 cup butter unsalted
- 250 ml milk
- 1 egg
- ½ cup all-purpose flour



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INSTRUCTIONS

GOOSE BREAST

1. Preheat oven to 375°F.
2. Season goose breast with salt, pepper and rosemary. Place breast-side down in a roasting pan adding some water.
3. Roast at 375°F for about 10 minutes, then lower temperature to 300°. Roast for about 1-1/2 hours, turning the meat breast-side up halfway through. Baste from time to time with the juices gathering on the bottom of the pan. Add more water if necessary.
4. With about 30 minutes roasting time remaining, add one onion, carrot, apple and celery root, all finely chopped.
5. Remove goose breast & keep warm.

RED CABBAGE

- Cut the head of cabbage in half, remove stem and cut into thin strips.
- Melt lard or butter, add chopped onions and then the cabbage, stirring gently.
- Add red wine than chicken stock and cheese-cloth filled with cloves, peppercorns, juniper berries and bay leaf.
- Cut apples into wedges and add.
- Season with salt, pepper, a pinch of sugar and red currant jam.
- Cook on low heat for about 45 minutes. Lightly thicken up with a slurry of water and cornstarch.
- Taste & adjust seasoning perhaps a little red wine vinegar.

NOTES

Chef Wessels started his culinary career at 16 years old in Germany, and worked his way up through top fine-dining restaurants and hotels in Germany and Switzerland. In the US, Ludger has worked at the Ritz Carlton, Harvard Club and a Relais Chateaux Hotel in the Berkshires. His specialties include regional German and French cuisine. Chef Wessels is a 6-time American Culinary Federation (ACF) competition medal winner; including three gold, a Silver and two Bronze medals. Chef Wessels brought his talents to the catering team in the fall of 1999 and has been instrumental in elevating the operation's flair for savory seasonal selections and the fine dining experience of our clientele.

BREAD DUMPLINGS

- Cut the dried bread into cubes and place in a bowl.
- Whisk together the milk and the egg then pour over the bread cubes. Leave it for about 10 minutes to soak into the bread.
- During this time peel and chop the onion into small pieces.
- Put the butter and the onion in a pan & fry until the onion is golden brown.
- While your onion is frying, wash the parsley and finely chop.
- Then add the onion and parley to the bread and, with your fingers, mix well.
- Form the mixture into balls (should get about 10) pressing tightly so they hold well together.
- To cook, bring a pot of water to a boil and put your dumpling in the boiling water.

GRAVY

- Add the orange juice and red wine to the pan that the goose breast roasted in. Also add the zest from the orange, followed by the sour cream and cornstarch.
- Strain the broth and bring to a boil.
- Lastly add salt and pepper to taste.

