

## Goose fillet with blackberry sauce and citrus



### Ingredients

1 goose breast fillet\*  
Salt to taste  
Freshly ground pepper mix to taste  
½ medium orange  
5-6 blackberries  
½ teaspoon of sugar  
½ teaspoon of balsamic vinegar  
½ medium grapefruit  
*\* defrosted or fresh*

### Preparation method

Score the goose breast with a knife then rub it generously with freshly ground pepper mix and salt. After fry on a dry pan skin-side down first until the fat will render and crust becomes crispy. Then flip over and cook for additional 2 minutes.

Sauce: in 2 tablespoons of water dissolve ½ teaspoon of sugar add blackberries and vinegar. Simmer it for 8-10 minutes. Sauce is ready to serve.

### Serving

Slice the goose breast and pour with blackberry sauce. For more effective look use some candied orange and grapefruit pulp.