

A close-up photograph of a whole roasted chicken on a metal tray. The chicken is golden-brown with some dark spots, and its legs are tied together with a string. It is surrounded by several slices of roasted citrus fruit, likely lemons or oranges, which are also golden-brown. The tray is filled with a dark, rich liquid, possibly a sauce or jus. The background is dark and out of focus.

# ROASTS

Laura Mason



## Potato and Apple Stuffing

*Mashed potatoes are excellent for stuffing goose. French chef Alexis Soyer advocated them in the mid-19th century, in combination with apples, although the idea didn't really become popular in English cookery until the middle of the 20th century.*

### SERVES 6

75g (3oz) unsalted butter  
1 large onion, peeled  
and chopped  
600g (1¼lb) floury potatoes,  
peeled and  
cut into chunks  
2 garlic cloves, peeled  
and crushed  
1 tablespoon chopped  
fresh sage  
1 teaspoon salt  
freshly ground black pepper  
2 large apples (Cox's or a  
dryish, aromatic eating  
apple), peeled, cored and  
cut into chunks

Melt the butter in a large frying pan, then add the onion and cook gently until it begins to brown.

Boil the potatoes and mash. Stir in the cooked onion, the crushed garlic, sage, salt and a generous seasoning of pepper. Mix the pieces of apple through the mixture, and use to stuff the goose.