

Time	Step description	Activity	Sequence	Goose steps	Potato steps	Cabbage steps	Xmas pud Steps
8:13	Collect ingredients for goose		1	1	0:05		
8:18	Prick the skin of the goose all over with a sharp skewer or fork; pull the inside fat out of the bird and reserve. Rub seasoning over the skin.		1	2	0:20		
8:38	Peel and chop the onion		1	3	0:05		
8:43	Prepare breadcrumbs		1	3.1	0:10		
8:53	Finely chop goose liver		1	3.5	0:05		
8:58	Melt the butter in a large frying pan, add the onion and cook for 5-6 minutes, until softened.		1	4	0:10		
9:08	Add the goose liver and cook gently for 2-3 minutes.		1	5	0:05		
9:13	Stone half the prunes, then chop roughly and stir into the onion with the port.		1	6	0:10		
9:23	Cover and cook gently for 5 minutes. Add the sage, breadcrumbs and seasoning; mix thoroughly.		1	7	0:10		
9:33	turn oven on		1	8	0:01		
9:34	Spoon the stuffing into the neck end of the goose, then truss with strong cotton or fine string. Weigh the bird to calculate the cooking time. Put on a wire rack placed in a roasting tin. Cover the breast with the reserved fat, then with foil.		1	9	0:20		
9:54	Roast at 200c for 15 minutes per 450g MINUS 15 minutes basting frequently.		1	10	2:51		
11:30	Collect ingredients for potatoes		2	1	0:05		
11:35	Peel the potatoes and cut into large even-sized pieces.		2	2	0:15		
11:50	Start heating a good film of oil in a large roasting tin.		2	3	0:05		
11:55	Cover with cold salted water, bring to the boil and boil for 2 minutes. Drain and run under cold running water to cool slightly.		2	4	0:15		
12:10	Using a sharp knife, slice down each potato at 3-5mm intervals, cutting three quarters of the way through.		2	5	0:10		
12:18	Collect ingredients for cabbage		3	1		0:05	
12:20	Add the potatoes to the roasting tin and turn over in the oil. Sprinkle with sesame seeds.		2	6	0:05		
12:23	Shred the cabbage finely. Peel and grate the ginger, if using.		3	2		0:15	
12:25	Roast at 180c for 1-1.25 hours, basting occasionally		2	7	1:00		
12:38	Prepare the stock		3	2.5		0:10	
12:40	Collect ingredients for christmas pudding		4	1			0:05
12:45	Remove the goose and rack, then drain off the fat from the roasting tin and discard. Core the apples and cut into eighths, then add to the tin with the remaining prunes and wine. Replace the goose on the rack over the roasting tin, discarding the foil and the fat.		1	11	0:20		
12:45	Steam christmas pudding		4	2			1:15
12:48	Heat the oil in a large saucepan and sauté the cabbage with the ginger over a high heat for 3-4 minutes or until reduced in bulk, stirring frequently.		3	3		0:15	
13:03	Add the stock and seasoning. Bring to the boil.		3	4		0:05	
13:05	Cook, uncovered, for the last 30 minutes.		1	12	0:30		
13:08	Cover and cook over a low heat for about 20 minutes, stirring occasionally		3	5		0:25	
13:25	Increase the oven temperature to 220c for a further 15 minutes to crisp and brown.		2	8	0:15		
13:33	When the cabbage is just tender, uncover and bubble down any excess liquid. Off the heat, stir in the butter, balsamic vinegar and pine nuts. Adjust the seasoning before serving.		3	6		0:12	
13:35	take goose out and leave out for ten minutes before serving		1	13	0:10		
13:40	Garnish potatoes with parsley		2	9	0:05		
13:45	Serve goose		1	14	0:00		
13:45	Serve potatoes		2	10	0:00		
13:45	Serve cabbage		3	7		0:00	
14:00	Steam christmas pudding while eating christmas dinner		4	3			0:45
14:45	Serve Christmas pudding		4	4			0:00