

CONFIT DUCK

EQUIPMENT

MIXING BOWL, DEEP FRYPAN WITH LID, CONTAINER WITH LID,
PAPER TOWEL, TONGS

INGREDIENTS

2 DUCK LEGS, 200GM ROCK SALT, 50GM CASTER SUGAR, 1 CINNAMON QUILL,
5GM BLACK PEPPERCORNS, 5GM FENNEL SEEDS, 3 STAR ANISE, 4 SPRIGS THYME, 600GM DUCK FAT

METHOD

MIX SUGAR, SALT, SPICES AND THYME TOGETHER. POUR A LAYER OF THE SALT MIX IN A CONTAINER

PLACE THE DUCK LEGS ON TOP OF THE SALT MIX AND POUR THE REMAINING SALT MIX OVER THE TOP

COVER AND REFRIGERATE FOR 6 HOURS

AFTER THE 6 HOURS REMOVE THE DUCK LEGS AND WASH WELL UNDER RUNNING WATER, PAT DRY THE DUCK LEGS WITH PAPER TOWEL

PLACE DUCK FAT IN A DEEP FRYPAN AND MELT OVER MEDIUM HEAT

ONCE MELTED PLACE DUCK LEGS IN FAT AND PLACE LID ON THE PAN

PUT THE PAN IN A PRE-HEATED OVEN COMBI SETTING 140 DEGREES FOR 1 HOUR

AFTER THE HOUR HAS ELAPSED REMOVE THE LID FROM THE PAN AND RETURN TO THE OVEN FOR A FURTHER 30 MINS

TO FINISH REMOVE THE LEGS FROM THE FAT AND PLACE ON PAPER TOWEL.

REMOVE THE KNUCKLE WITH ANOTHER PIECE OF TOWEL FOR PRESENTATION

HINTS & TIPS

- BE CAREFUL NOT TO LEAVE THE LEGS IN THE SALT MIX TOO LONG, ANY MORE THAN 8 HOURS THEY WILL BE TOO SALTY TO EAT.
- THIS CLASSIC IS AN ESSENTIAL PART OF THE FAMOUS FRENCH DISH CASSOULET
- DUCK CONFIT CAN BE DONE AHEAD OF TIME AND RE-HEATED IN A FRYPAN. PLACE THE DUCK IN A MEDIUM OVEN, 180 DEGREES COMBI MODE WITH A LITTLE BIT WATER IN THE BOTTOM OF THE PAN.
- RESERVE THE DUCK FAT FOR THE NEXT TIME YOU MAKE THIS DISH OR FOR ROAST POTATOES