

CONFIT DUCK

INGREDIENTS

- ✦ 4 duck legs ready cleaned & trimmed
- ✦ 2L duck fat stored in the fridge
- ✦ 2 sprigs thyme
- ✦ 3 tablespoons rock salt
- ✦ 4-5 Juniper berries
- ✦ ½ clove fresh garlic crushed
- ✦ Heavy duty foil
- ✦ Oil/coffee filter



METHOD (THIS RECIPE SERVES TWO)

- ✦ On a tray big enough to lay all of the duck legs place some rock salt, juniper berries & thyme down, making to cover the whole surface area of the tray.
- ✦ Place the duck legs, skin side up onto the tray & sprinkle with rock salt. Cover & place in the fridge over night. You will notice the liquid that has seeped out due to the salt the next day when it is time to cook the duck.
- ✦ To cook the duck the next day preheat your oven to 130 degrees Celsius.
- ✦ Crush the ½ clove of garlic with the back of your hand & do not worry about removing the skin. In an oven proof container (be it a metal pot, casserole pot or metal bowl that is deep enough for the duck legs to be completely submerged by the duck fat as well as not too wide that the fat does not completely cover it) place the garlic, duck legs & duck fat-to melt remove the lid & place in the microwave for 1 minute.
- ✦ Make sure you pack the legs close together & the fat completely submerges them.
- ✦ Cover the container with foil & cook in the low temperature oven for 2 ½ hours. The best way to tell the duck is cooked is to pierce the meat with a knife or metal spike; the spike should penetrate flesh easily & the leg should slide off the spike/knife fairly easily as well.
- ✦ Remove the legs from fat & place them into a deep Tupperware- duck legs must be slightly browned, but not caramelized after being cooked in the oven, they will be caramelized under the grill at a later stage.
- ✦ Set the duck fat aside allowing it to cool down. Once the fat has cooled down pour the fat through the oil filter over the duck legs, making sure to fully submerge them once again. Keep well covered & refrigerated till ready to use. This point is very important as this is what helps preserve the duck legs. The duck legs should be good for 2 weeks in the fridge provided they are fully covered by the fat.
- ✦ When it comes time to heat the duck remove from the fat, place on an oven proof tray, sprinkle with rock salt & set under your oven grill at a medium to high heat until the skin is golden brown & the legs are warmed all the way through.
- ✦ The duck goes really well with creamy mash potatoes & sweet or fruity sauces like marmalade or black cherry. Note that the fat can be strained & kept in the freezer in a well sealed container, ready to use when ever need be.