

DUCK LEG CONFIT

Serves 5

Preparation time: 15 minutes

Cooking time: 4 hours

Marinate time: 12 - 24 hours

INGREDIENTS:

4 Skin-on Ducko duck legs

48 Fresh thyme sprigs

4 Bay leaves

14 Garlic cloves

1 Litre duck fat

Coarse salt and freshly cracked black pepper to taste

8 to 12 Whole black peppercorns



METHOD

1. Prepare the duck legs:

- Place the duck legs in a large oven dish or roasting pan. Season both sides generously with coarse salt and cracked black pepper.
- Rub 5 thyme sprigs, half a crushed bay leaf, and 1 smashed garlic clove into the flesh side of each duck leg. Flip the legs over and repeat on the other side.

2. Marinate:

- Cover the dish with clingfilm and refrigerate for 12 to 24 hours to allow the flavours to infuse.

3. Rinse and dry:

- Remove the duck legs from the oven dish and rinse under cold water to remove any excess herbs or salt. It's fine if some pepper remains. Pat the duck legs dry with kitchen paper.

4. Prepare the confit oil:

- In a medium-sized saucepan, heat the duck fat over low heat. Add the garlic cloves, thyme sprigs, peppercorns and a pinch of coarse salt. Let the mixture gently simmer for about 5 - 7 minutes.



5. Cool the duck legs:

- Submerge the duck legs in the warmed duck fat, ensuring they are completely covered.
- Preheat the oven to 120°C. Cover the saucepan with a lid and place it in the lower third of the oven. Cook for 2½ hours.
- Remove the lid and continue cooking for another 1½ hours, or until the duck is tender and can be shredded easily with a fork. The internal temperature should reach approximately 98°C.

6. Crisp the skin (optional):

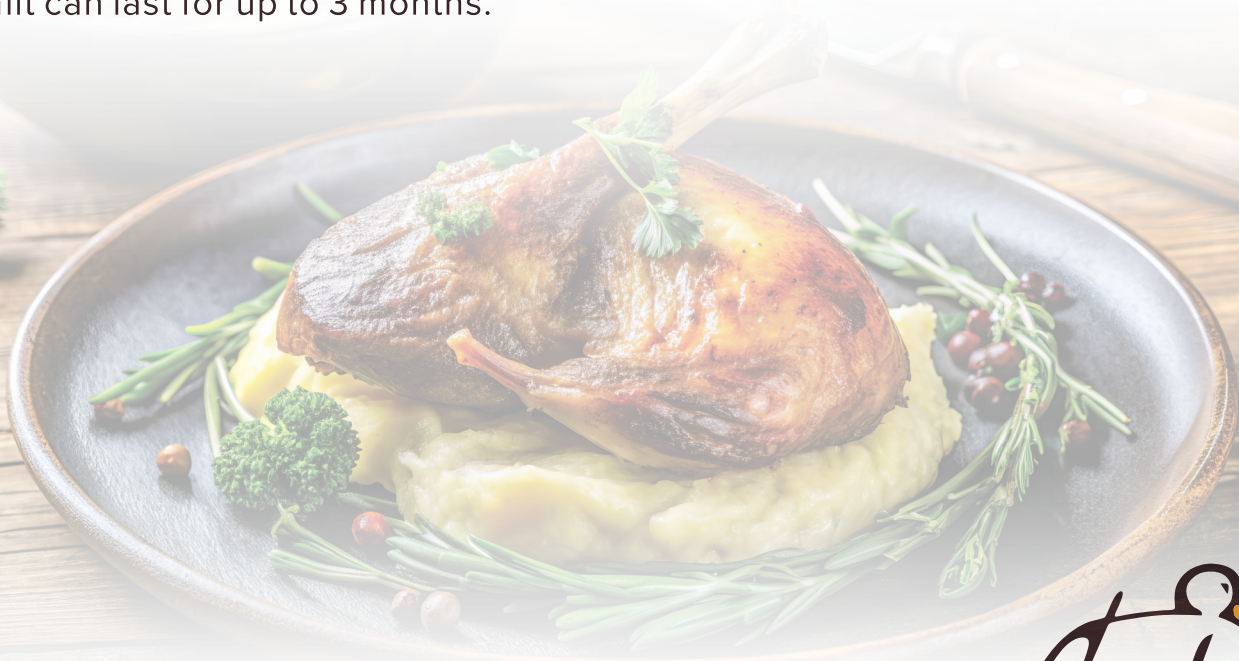
- To crisp the duck skin, heat 125ml of the confit oil in a non-stick or cast-iron pan over medium heat. Place the duck legs skin side down and cook for 4 - 5 minutes, or until the skin turns golden brown and crispy. Alternatively, bake the duck legs on a wire rack over a baking tray at 220°C for 25 - 30 minutes.

7. Serve:

- Serve the duck confit with garnish of fresh thyme sprigs, or alongside your favourite side dish.

8. Preserve (optional):

- To store the duck confit, let it cool in the oil to room temperature. Transfer the duck legs to a container, strain the confit oil over them, ensuring they are fully submerged.
- Refrigerate until the fat forms a protective layer on top. Properly stored, the duck confit can last for up to 3 months.



DUCKO FOODS