



Duck Confit

Shopping List

4 Liberty Duck legs including thighs

Eight sprigs of fresh thyme

Eight cloves fresh garlic

Diamond Crystal Kosher Salt

Three cups of duck fat

Fresh ground pepper

Triming duck and curing

1. Trim excess fat and skin from duck leg. All the fat and skin on the meat side of the leg should be removed. This fat can be rendered at very low temperature and used to cook the legs.
2. Dry the legs on both sides, then liberally salt and pepper two legs on skin side and then lay on plastic wrap. Salt and pepper meat side. Smash garlic cloves and place four on each leg and then place four sprigs of thyme over the legs
3. Salt and pepper the two remaining legs on meat side, then match them on top of the first two legs so they share the garlic and thyme. Salt and pepper the skin side of the top legs and wrap completely in plastic wrap. Now they are ready for the refrigerator. Cure for 24 to 72 hours.

Baking, Fat preservation, and Duck Stock

1. Turn oven to 190 degrees F.
2. Brush garlic and thyme off the duck.
3. Heat duck fat in a dutch oven and add the duck legs, skin side up. Get the fat melted and warmed up. Place aluminum foil over the pot and put the lid on.
4. Cook for 8 to 10 hours. I like to start it when I'm going to bed and wake up to a great duck smelling house.
5. Let it cool in the pot for an hour and then remove the legs. If you plan on eating them within a week wrap individually in plastic wrap. If you plan to store longer put in a container covered in duck fat.
6. Separate the fat and the stock from the legs. If you leave any stock in the fat it will cause it to go bad much faster and the stock is incredible. Use a fat separator, leave a little fat in the stock, it will form a layer on top and help protect the stock. Heat the fat on the stove on medium heat for about 15 minutes which helps purify the fat and evaporates any moisture. The fat will last six months in the refrigerator and even longer in the freezer.

Finish and Serve

1. Heat a nonstick pan on medium heat with a tablespoon of duck fat. Coat the pan with the fat and pour off any of the excess. If there is too much fat in the pan the duck will not get crispy.
2. Add the duck legs skin side down and put another pan on top to weigh them down, kind of like brick chicken. I use a large cast iron skillet. Cook for ten minutes and then flip. Be careful to get the skin off the pan so it remains on the duck, use a firm plastic spatula so you don't damage the pan. Cook for two minutes on meat side with out weighing it down. Duck is ready to serve.

Extras

1. Take the thyme and smashed garlic and cook with the duck legs in the fat. Strain it out of the fat and make a spread with it. Remove any woody thyme stalks, it's kind of like roasted garlic only ducky.
 2. The stock you get will be very intense and a little salty. It is really great for risotto, pasta sauces, soup or duck sauce. Use anywhere in place of regular stock if you want to add some flavor and richness, just cut it a little.
 3. You can make boneless confit by cracking the leg and thigh joint before you put them in the fat in the oven. After they have cooled down but not too congealed, give the bones a little twist and carefully remove. This will give you a more uniform piece that will cook more even and faster, only 6 minutes on skin side and two on meat side.
 4. Duck fat is wonderful for cooking potatoes. One of my favorites is baked duck fat fries, cut fries, toss in a bowl with a little fat, salt, and pepper. Put fries on a baking sheet with a wire rack, bake at 400 degrees F for about 40 minutes or until crisp all the way around.
- Pair with Paul mathew Pinot Noir

