

## Recipe for Duck Confit

I made four legs the first time but I recommend making six. That gives you some leftovers that are great in different recipes like my duck quesadillas or just add them to a salad. I have added them to my lentil salad and it makes scrumptious meal.

In this recipe the duck legs are rendered in their own fat just like traditional duck confit. I have served my legs with fried or mashed potatoes and always with my red cabbage.

### Ingredients :

6 duck legs

### for the rub:

2 TBS peppercorns

2 TBS coriander seeds

3 Tbs kosher salt

### The aromatics

3 pieces of 1 inch ginger

1 jalapeño pepper or other hot pepper (optional)

1 head of garlic

### Directions :

With a sharp knife puncture the skin of the duck legs, trying not to puncture the meat. Turn the legs over and puncture the fat pocket on the inside of the legs. Doing this will help the fat flow out of the legs. The legs need to be immersed in fat to cook them confit style.

Crush the peppercorn and coriander seeds lightly with a mortar and pestle, add salt and mix together. It's important that you cover the legs with the mixture, especially the salt. Put the legs in a ziplock bag and keep them in the fridge for 10-12 hours or overnight. When you take the legs out of the bag brush off the spices and most of the salt, I use a paper towel for that.

Put the duck legs in a dutch oven with the skin side down. They are going to shrink as they cook. Half the ginger and score the fleshy side. I added ½ seeded jalapeño pepper. Cut the garlic bulb in half and add all your aromatics to the pot. Add ½ cup of water, put the pot with the lid on in a 250° degree preheated oven. After one hour check the duck legs. The fat will have started to render. Move the legs around a little bit without breaking the skin. Put them in the oven for another hour. After they have been in the oven for two hours turn the duck legs over skin side up making sure that the meat is still immersed in the fat. Cook for another 2 hours. Take them out of the oven and put the legs on a baking sheet to finish them in a 450° degree preheated oven for about 10-15 minutes until the skin is crispy and has released most of its fat. Make sure you don't burn them. That would be a shame. I often keep the legs in the fridge and crisp them the next day. In the meantime drain the fat, discard the aromatics . Put the fat in a container. It will last for months in the fridge and will take fried potatoes to another level. I also put it in my red cabbage .

If you decide to make this I hope you enjoy it as much as we did.

*Guten Appetit!*

Recipe from the Test Kitchen of Bon Appetit by Carla Lalli Music

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