

Duck Confit

Serves 2

Ingredients

- 1/4 cup kosher salt
- 1 1/2 tsp freshly ground pepper
- 4 garlic cloves, sliced
- 2 large shallots , finely sliced
- 2 tablespoons fennel seeds, lightly crushed
- 1 tablespoon freshly chopped parsley
- 4 sprigs fresh thyme
- 6 duck legs/thighs, preferably Brome Lake Ducks
- Approx. 5 cups duck fat

Filling

Combine the salt with the pepper, garlic, shallots, fennel, parsley and thyme. Sprinkle half of the mixture on the bottom of a dish large enough to hold the duck pieces in a single layer. Place the duck on top of the salt mixture and then sprinkle with the remaining salt. Cover with plastic wrap and refrigerate for 24 to 48 hours.

Heat the oven to 240F. Melt the duck fat in a saucepan over medium low heat.

Remove the duck from the salt, rinse thoroughly and pat completely dry with paper towels. Arrange the duck pieces in a single snug layer in a wide, shallow, oven-safe saucepan, casserole or baking dish. Pour the melted fat over the duck. The duck pieces must be completely covered by fat.

Transfer the duck to the oven and gently simmer, uncovered, until the duck is tender and can be easily pulled from the bone, approximately 2 to 3 hours. Check the oven occasionally to make sure the fat is gently simmering; confit can become tough if the oven is too hot. Adjust the heat as required to achieve a very gentle simmer.

Store the duck in the fat in the refrigerator for up to one month. Excess duck fat can be strained and stored in the refrigerator for later use.

When ready to use, brown the duck pieces, skin side down in a frying pan to crisp the skin. Then transfer to a low oven until heated through, approximately 15 minutes at 325 F.