

Confit Duck Legs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



1844 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 35 ounce duck fat
- ☐ 6 duck confit legs fresh (Pekin) (5 pounds total)
- ☐ 1 large head cloves divided unpeeled
- ☐ 0.3 cup kosher salt
- ☐ 0.3 cup shallots finely chopped
- ☐ 1 tablespoon thyme leaves finely chopped
- ☐ 2 turkish bay leaf crumbled
- ☐ 1 teaspoon suya seasoning mix french (four-spice blend)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ knife
- ☐ pot
- ☐ sieve
- ☐ slotted spoon

Directions

- ☐ Mince and mash 4 garlic cloves to a paste with a pinch of kosher salt. Stir together paste, kosher salt (1/4 cup), thyme, quatre épices, shallots, and bay leaves in a large bowl.
- ☐ Add duck legs and toss to coat, then marinate, covered and chilled, at least 1 day and up to 2 days.
- ☐ Wipe off marinade with paper towels.
- ☐ Trim off 1/4 inch from top of garlic head, then stick 2 whole cloves into head. Melt duck fat in a wide large heavy pot over low heat, then cook garlic head and duck legs, uncovered, over low heat until fat registers approximately 190°F, about 1 hour. Continue to cook duck, maintaining a temperature of 190 to 210°F, until a wooden pick slides easily into thighs, 2 to 3 hours more.
- ☐ Transfer duck with a slotted spoon to a large bowl (reserve garlic for another use if desired). Slowly pour duck fat through a fine-mesh sieve into a large crock or deep bowl, leaving any cloudy liquid or meat juices in bottom of pot, then pour strained fat over duck legs to cover by 1 inch. (If necessary, shorten drumstick bones 1 to 2 inches using a large heavy knife to fit legs more tightly in bowl.) Cool to room temperature, about 2 hours, then chill, covered, at least 8 hours.
- ☐ Just before serving, remove duck from fat (reserve fat for another use, such as frying), scraping off most of fat, then cook, skin side down, in a large heavy nonstick skillet over low heat, covered, until skin is crisp and duck is heated through, 15 to 20 minutes
- ☐ Duck legs can be chilled in fat up to 3 months.

Nutrition Facts



 **PROTEIN 10.01%**  **FAT 89.42%**  **CARBS 0.57%**

Properties

Glycemic Index:13.33, Glycemic Load:0.47, Inflammation Score:-6, Nutrition Score:11.083043410726%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg

Nutrients (% of daily need)

Calories: 1843.92kcal (92.2%), Fat: 184.8g (284.3%), Saturated Fat: 60.06g (375.39%), Carbohydrates: 2.64g (0.88%), Net Carbohydrates: 1.75g (0.64%), Sugar: 0.81g (0.9%), Cholesterol: 362.02mg (120.67%), Sodium: 4907.27mg (213.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.54g (93.08%), Selenium: 38.12µg (54.45%), Vitamin D: 7.94µg (52.92%), Vitamin B3: 10.04mg (50.18%), Vitamin E: 4.63mg (30.89%), Iron: 4.29mg (23.81%), Manganese: 0.2mg (10.25%), Vitamin C: 5.28mg (6.4%), Vitamin K: 5.42µg (5.16%), Calcium: 42.99mg (4.3%), Fiber: 0.89g (3.57%), Vitamin B6: 0.05mg (2.39%), Magnesium: 6.75mg (1.69%), Potassium: 53.23mg (1.52%), Folate: 5.93µg (1.48%), Vitamin A: 72.12IU (1.44%), Copper: 0.02mg (1.24%)