



Crisp Chicken Confit

 Gluten Free  Dairy Free

READY IN



480 min.

SERVINGS



1

CALORIES



18184 kcal

Ingredients

- 2 qts cooking fat
- 4 chicken legs with thighs (4 1/2 lbs. total)
- 4 large sprigs thyme leaves fresh
- 8 large garlic cloves thinly sliced
- 2.5 tablespoons kosher salt
- 1.5 teaspoons pepper

Equipment

- frying pan
- baking sheet

- ladle
- oven
- pot
- baking pan
- kitchen thermometer
- stove
- slotted spoon
- dutch oven
- tongs

Directions

- Pat chicken dry. "That helps the salt and pepper go on evenly."
- Mix salt and pepper and sprinkle over chicken. Put in a 4- or 5-qt. dutch oven and arrange garlic and thyme sprigs on top. Cover and chill at least 12 hours and up to
- Preheat oven to 20
- Add duck fat to chicken; warm on stovetop over lowest heat, covered, until fat is melted, about 20 minutes. It should completely cover chicken; if it doesn't, add more.
- Bake until meat is very tender when pierced, at least 8 hours and up to
- Using tongs, carefully transfer chicken to a 9- by 13-in. baking dish and chill. Wait for melted fat to cool, then ladle into containers and chill for future use. Leave behind the garlic and herbs at the bottom of the pot and any gelatinized meat juices too. If you don't plan to use all the chicken right away, cover it with still-liquid fat; it will keep, covered in the refrigerator, for a few months. (In fact, in the old days, cooks kept it at cool room temperature for weeks.)
"You can use the fat to cook. The next time you make a roast chicken, instead of olive oil, put this fat on it. Or brush it on grilled bread."
- To use confit, crisp it up: Spoon cooking fat into a deep, wide pan. If chicken has been chilled in fat, transfer to a baking sheet and scrape off fat.
- Heat fat over medium heat until it reaches between 275 and 300 on a deep-fry thermometer.
- Add chicken legs, skin side down. "If they don't really sizzle, the fat isn't hot enough. Also, cold chicken legs are going to drop the temperature of your fat, so crank up the heat to around 350."

Cook, adjusting heat to keep temperature between 275 and 300, until chicken is lightly browned and crisp, 10 to 12 minutes, turning once. "Focus on getting a nice crisp skin on the chicken, not just on the time it takes." Using tongs (and a slotted spoon if you need it, to help hold the very tender, delicate chicken together), transfer chicken to a rack set over a rimmed baking sheet to drain. It's now ready to eat.

*Find these fats at some butcher shops and at well-stocked grocery stores.

Nutrition Facts

PROTEIN 1.91% **FAT 97.84%** **CARBS 0.25%**

Properties

Glycemic Index:107, Glycemic Load:2.79, Inflammation Score:-9, Nutrition Score:45.5595654612%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 1.81mg, Luteolin: 1.81mg, Luteolin: 1.81mg, Luteolin: 1.81mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 18184.38kcal (909.22%), Fat: 1971.39g (3032.91%), Saturated Fat: 586.61g (3666.28%), Carbohydrates: 11.72g (3.91%), Net Carbohydrates: 9.89g (3.6%), Sugar: 0.26g (0.29%), Cholesterol: 2088.01mg (696%), Sodium: 17878.97mg (777.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 86.41g (172.82%), Vitamin D: 91.37µg (609.1%), Vitamin E: 52.29mg (348.58%), Selenium: 100.14µg (143.05%), Vitamin B3: 24.66mg (123.32%), Vitamin B6: 1.96mg (97.94%), Phosphorus: 844.38mg (84.44%), Zinc: 8.01mg (53.37%), Vitamin B5: 5.32mg (53.23%), Manganese: 0.98mg (49%), Vitamin B12: 2.89µg (48.09%), Vitamin B2: 0.78mg (45.72%), Potassium: 1210.09mg (34.57%), Magnesium: 115.88mg (28.97%), Vitamin B1: 0.43mg (28.62%), Iron: 5.1mg (28.34%), Copper: 0.43mg (21.28%), Vitamin C: 14.92mg (18.09%), Vitamin K: 17.17µg (16.35%), Vitamin A: 682.67IU (13.65%), Calcium: 130.11mg (13.01%), Fiber: 1.82g (7.29%), Folate: 23.64µg (5.91%)