



HEALTH SCORE

61%

Duck Confit



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



12

CALORIES



3991 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 0.5 cup kosher salt
- ☐ 1 tablespoon thyme dried
- ☐ 42 ounce duck fat
- ☐ 12 duck whole (leg and thigh)
- ☐ 15 garlic clove peeled
- ☐ 2 tablespoons vegetable oil
- ☐ 1 cup water

- ☐ 2 teaspoons peppercorns cracked white

Equipment

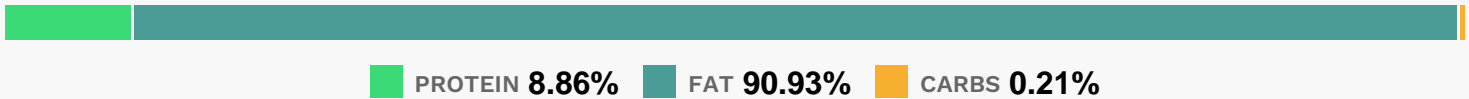
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ tongs

Directions

- ☐ Finely grind first 4 ingredients in spice mill. Trim excess fat from duck legs; place trimmings in bowl, cover, and chill. Rub salt mixture all over duck legs.
- ☐ Layer legs and garlic cloves in large resealable plastic bag. Seal; chill 24 hours.
- ☐ Preheat oven to 325°F. Simmer duck fat, duck trimmings, and 1 cup water in large saucepan over medium-low heat until water evaporates and simmering slows, about 30 minutes. Thoroughly rinse salt mixture from duck and discard garlic; pat dry.
- ☐ Place duck in large deep roasting pan.
- ☐ Pour hot fat over. Cover with foil; place in oven. Cook until meat is tender and falling off bone, about 3 1/2 hours. Uncover; cool slightly.
- ☐ Transfer to refrigerator. Chill until cold. Cover; chill at least 4 hours. DO AHEAD: Can be made 1 month ahead. Keep chilled and completely covered in duck fat. Always use clean tongs to remove duck from fat in pan.
- ☐ Before using duck confit in a recipe, preheat oven to 400°F.
- ☐ Heat oil in heavy large skillet over high heat.
- ☐ Remove duck from fat; scrape fat back into pan. Working in batches, cook duck, skin side down, in skillet 1 minute.

- ☐ Transfer, skin side down, to rimmed baking sheet. Roast until skin is crisp and duck is heated, about 15 minutes.
- ☐ Remove from sheet, keeping skin intact.
- ☐ Duck legs can be found at some supermarkets and at specialty foods stores. Look for rendered duck fat in the freezer section of some supermarkets, at specialty foods stores, and online at dartagnan.com or gourmetfoodstore.com.
- ☐ For easier duck confit, marinate duck overnight; rinse well.
- ☐ Place in large roasting pan.
- ☐ Pour 1 1/2 cups olive oil over, cover, and roast as directed. The confit will keep in the refrigerator for 3 days. If storing longer, remove meat from bones and return to pan, making sure the oil covers the meat completely. Keep chilled.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.35, Inflammation Score:-8, Nutrition Score:55.978261180546%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 3990.74kcal (199.54%), Fat: 401.91g (618.33%), Saturated Fat: 134.31g (839.42%), Carbohydrates: 2.03g (0.68%), Net Carbohydrates: 1.61g (0.59%), Sugar: 0.04g (0.05%), Cholesterol: 679.86mg (226.62%), Sodium: 5198.73mg (226.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 88.14g (176.28%), Vitamin B3: 30.1mg (150.5%), Selenium: 95.52µg (136.46%), Phosphorus: 1069.83mg (106.98%), Iron: 18.98mg (105.43%), Vitamin B1: 1.51mg (100.96%), Vitamin B2: 1.61mg (94.76%), Copper: 1.83mg (91.57%), Vitamin B6: 1.5mg (75.05%), Vitamin B5: 7.29mg (72.88%), Zinc: 10.48mg (69.86%), Vitamin D: 10.11µg (67.4%), Vitamin E: 8.24mg (54.94%), Vitamin K: 51.97µg (49.49%), Potassium: 1616.17mg (46.18%), Vitamin B12: 1.91µg (31.83%), Magnesium: 117.35mg (29.34%), Vitamin C: 22.91mg (27.77%), Vitamin A: 1297.56IU (25.95%), Folate: 100.46µg (25.11%), Manganese: 0.27mg (13.38%), Calcium: 102.95mg (10.3%), Fiber: 0.42g (1.69%)