



Duck Confit Fried Spring Rolls

 **Gluten Free**  **Dairy Free**

READY IN



100 min.

SERVINGS



40

CALORIES



471 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon five spice powder
- 40 servings pepper black freshly ground
- 1 medium carrots peeled cut into matchsticks (1 cup)
- 4 ounces crimini mushrooms trimmed thinly sliced
- 14 ounces duck confit legs
- 2 tablespoons cilantro leaves fresh finely chopped
- 3 tablespoons hoisin sauce
- 40 servings kosher salt

- 3 tablespoons plum sauce
- 400 servings you will also need: parchment paper (8-1/)
- 1 teaspoon rice vinegar
- 0.5 teaspoon soya sauce
- 2 quarts vegetable oil
- 2.5 ounces water chestnuts sliced thinly sliced into matchsticks (2 1/2 ounces)

Equipment

- bowl
- frying pan
- baking sheet
- wire rack
- plastic wrap
- kitchen towels
- dutch oven
- tongs
- candy thermometer

Directions

- Remove the skin from the duck legs and discard.
- Remove the meat, shred it into small pieces, and place in a large bowl (you should have about 3 cups). Discard the bones.
- Heat 1 tablespoon of the oil in a large frying pan over medium-high heat until shimmering.
- Add the mushrooms, season with salt and pepper, and cook, stirring rarely, until browned, about 5 minutes.
- Transfer to the bowl with the duck meat.
- Add 1 tablespoon of the oil to the pan and place over medium heat until shimmering.
- Add the carrot and onion, season with salt and pepper, and cook, stirring occasionally, until the onion has softened, about 8 minutes.

- Add the five-spice and cook, stirring occasionally, until fragrant, about 30 seconds.
- Add the carrot-onion mixture to the bowl with the meat and mushrooms.
- Add the water chestnuts and cilantro to the bowl and stir to combine. Taste and season the filling with additional salt and pepper as needed.
- Place a clean, damp kitchen towel on a work surface. Fill a medium frying pan or wide, shallow dish large enough to hold the rice paper wrappers with hot tap water. Working with 1 wrapper at a time, completely submerge the wrapper until it is soft and pliable, about 15 seconds.
- Remove from the water and place on the towel. Working quickly, place 2 heaping tablespoons of the filling across the wrapper about 1 1/2 inches from the bottom and leaving about 1 inch of space on each side. Fold the bottom of the wrapper up and over the filling. Holding the whole thing firmly in place, fold the sides of the wrapper in. Then, pressing firmly down to hold the folds in place, roll the entire wrapper horizontally up from the bottom to the top.
- Place on a baking sheet and cover loosely with plastic wrap. Repeat with the remaining wrappers and filling. Leave 3/4 inch between each spring roll so they don't stick together, and replace the water in the pan or dish with hot tap water as needed.
- Heat the remaining oil in a Dutch oven or a large, heavy-bottomed pot over medium-high heat until it reaches 350°F on a deep-frying/candy thermometer. Set a wire rack over a baking sheet; set aside. When the oil is ready, add 3 of the spring rolls. Fry, moving the spring rolls with tongs as necessary to keep them from touching and sticking together, and turning occasionally until crispy (they will not turn golden brown), about 4 to 5 minutes. Using the tongs, transfer the spring rolls to the rack. Repeat with the remaining spring rolls.
- Let sit until cool enough to handle, about 5 minutes.
- Cut each spring roll in half on the bias and serve with the dipping sauce.

Nutrition Facts

PROTEIN 2.51% **FAT 91.1%** **CARBS 6.39%**

Properties

Glycemic Index:4.52, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:6.7273913403244%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 470.55kcal (23.53%), Fat: 48.32g (74.34%), Saturated Fat: 7.46g (46.61%), Carbohydrates: 7.62g (2.54%), Net Carbohydrates: 7.24g (2.63%), Sugar: 0.52g (0.58%), Cholesterol: 8.74mg (2.91%), Sodium: 291.29mg (12.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3g (5.99%), Vitamin K: 87.46µg (83.29%), Vitamin E: 3.9mg (26%), Selenium: 5.11µg (7.29%), Vitamin B3: 1.1mg (5.52%), Vitamin A: 258.83IU (5.18%), Manganese: 0.09mg (4.59%), Vitamin B1: 0.06mg (3.76%), Vitamin B2: 0.06mg (3.38%), Iron: 0.58mg (3.24%), Folate: 10.16µg (2.54%), Copper: 0.04mg (1.84%), Fiber: 0.38g (1.53%), Phosphorus: 13.72mg (1.37%), Potassium: 36.15mg (1.03%)