



Duck Confit with Potato Leek Ragout



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



737 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound cremini mushrooms trimmed halved lengthwise
- ☐ 1 cup cooking wine dry white
- ☐ 4 confit duck legs at room temperature
- ☐ 2 large leeks white green halved lengthwise cut into 1-inch pieces (4 cups) (and pale parts only)
- ☐ 6 strips lemon zest (3- by 1-inch)
- ☐ 1 cup chicken broth reduced-sodium
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 4 strips orange zest (4- by 1-inch)

- ☐ 0.8 cup prune- cut to pieces pitted coarsely chopped
- ☐ 3 large thyme sprigs
- ☐ 1 turkish or
- ☐ 2 cups water divided
- ☐ 1 pound yukon gold potatoes quartered ()
- ☐ 0.3 cup armagnac

Equipment

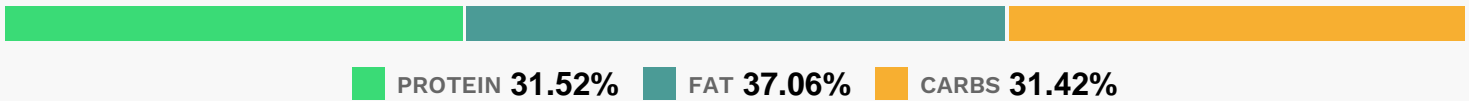
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Wash sliced leeks and pat dry.
- ☐ Remove duck meat (with skin) from bones in large pieces, reserving meat and bones separately.
- ☐ Simmer prunes and Armagnac in a small saucepan until Armagnac is absorbed, about 3 minutes.
- ☐ Heat rendered duck fat in a 12-inch heavy skillet over medium heat until it shimmers, then cook mushrooms with 1/4 teaspoon salt and 1/8 teaspoon pepper, stirring occasionally, until golden brown, 4 to 5 minutes.
- ☐ Transfer to a bowl.
- ☐ Heat oil in skillet over medium-high heat until it shimmers, then cook leeks with 1/4 teaspoon salt and 1/8 teaspoon pepper, stirring once or twice, until beginning to soften and brown on edges, about 6 minutes.
- ☐ Transfer to bowl with mushrooms.
- ☐ Bring wine, bay leaf, thyme, cloves, and zests to a boil in skillet, scraping up any brown bits.
- ☐ Add reserved bones, then broth and 1 cup water and simmer, covered, 15 minutes.
- ☐ Add potatoes, leeks, and mushrooms (with any juices) and simmer, covered, 10 minutes.

- ☐
- Add prunes (with any juices), remaining cup water, 1/2 teaspoon salt, and 1/4 teaspoonpepper and simmer, covered, until potatoes are tender and liquid is slightly thickened, about5 minutes. (If liquid hasn't thickened, remove lid and boil.)
- ☐
- Meanwhile, cook duck meat, skin side down, covered, in a large heavy nonstick skillet over medium-low heat until skin is well browned and crisp and meat is heated through, about 15 minutes.
- ☐
- Discard bones and bay leaf from ragout, then season with salt and pepper and serve topped with duck confit.

Nutrition Facts



Properties

Glycemic Index:54.94, Glycemic Load:21.91, Inflammation Score:-9, Nutrition Score:25.351739323657%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 737.24kcal (36.86%), Fat: 27.46g (42.24%), Saturated Fat: 6.29g (39.33%), Carbohydrates: 52.38g (17.46%), Net Carbohydrates: 46.05g (16.74%), Sugar: 16.74g (18.6%), Cholesterol: 196.65mg (65.55%), Sodium: 236.61mg (10.29%), Alcohol: 11.19g (100%), Alcohol %: 2.08% (100%), Protein: 52.53g (105.07%), Selenium: 53.31µg (76.16%), Vitamin B3: 15mg (74.99%), Vitamin K: 46.94µg (44.7%), Vitamin C: 34.97mg (42.39%), Iron: 6.43mg (35.72%), Potassium: 1153.26mg (32.95%), Manganese: 0.65mg (32.67%), Copper: 0.61mg (30.61%), Vitamin B6: 0.61mg (30.54%), Fiber: 6.33g (25.32%), Vitamin B2: 0.42mg (24.78%), Vitamin A: 1041.01IU (20.82%), Phosphorus: 201.08mg (20.11%), Magnesium: 66.47mg (16.62%), Folate: 63.58µg (15.9%), Vitamin B5: 1.43mg (14.26%), Vitamin B1: 0.19mg (12.95%), Vitamin E: 1.58mg (10.54%), Calcium: 99.59mg (9.96%), Zinc: 1.32mg (8.79%), Vitamin B12: 0.12µg (1.93%)