



Duck Confit with Spicy Pickled Raisins



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



488 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 pepper dried red divided crushed
- ☐ 1 teaspoon pepper black freshly ground plus more freshly cracked
- ☐ 2 teaspoons brown mustard seeds
- ☐ 4 garlic clove thinly sliced
- ☐ 1.5 cups golden raisins
- ☐ 2 tablespoons kosher salt
- ☐ 1 sprig rosemary
- ☐ 0.3 cup sugar

- ☐ 9 sprigs thyme leaves divided
- ☐ 8 duck confit legs bone-in
- ☐ 0.5 cup citrus champagne vinegar

Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ roasting pan
- ☐ aluminum foil
- ☐ dutch oven
- ☐ carving fork

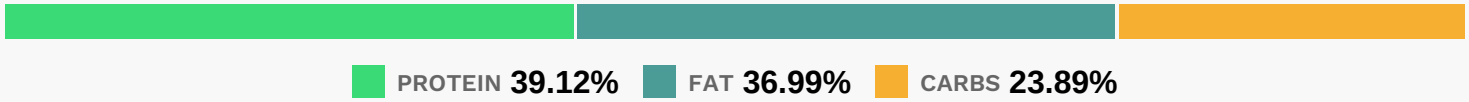
Directions

- ☐ Using the tip of a knife or the sharp tines of a carving fork, prick duck leg skin all over. Rub with garlic (slices should stick to skin) and season with 1 teaspoon ground pepper and 2 tablespoons salt.
- ☐ Preheat oven to 250°F. Arrange duck skin side down in a roasting pan or large Dutch oven and add 8 thyme sprigs, 4 chiles (or 1 teaspoon red pepper flakes), and 1/2 cup water. Cover pan with foil or lid and cook until fat is rendered (don't be surprised: there will be lots), about 2 hours. Turn duck skin side up and nestle it into rendered fat. Cover pan and continue to cook until meat is very tender and bones easily wiggle when pulled, 2–2 1/2 hours longer.
- ☐ Meanwhile, bring vinegar, sugar, mustard seeds, rosemary sprig, remaining thyme sprig, 2 chiles (or 1/2 teaspoons red pepper flakes), 1 teaspoon salt, and 1 cup water to a boil in a medium saucepan. Reduce heat and simmer, stirring occasionally, until sugar is dissolved, about 3 minutes.
- ☐ Mix in raisins, remove from heat, and let cool at least 1 hour.
- ☐ Increase oven temperature to 400°F.
- ☐ Remove duck from fat and place, skin side up, on a rimmed baking sheet; reserve fat for another use (it will keep 3 weeks in refrigerator or 3 months in freezer; reheat and strain before using). Season duck with cracked pepper and roast until skin is brown and crisp,

30–35 minutes.

- ☐
- Serve duck with pickled raisins.
- ☐
- DO AHEAD: Raisins can be pickled 1 week ahead. Cover and chill; bring to room temperature before serving. Duck can be cooked 1 week ahead. Pack duck in fat in an airtight container and chill.

Nutrition Facts



Properties

Glycemic Index:37.97, Glycemic Load:16.22, Inflammation Score:-7, Nutrition Score:8.2747826731723%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 487.71kcal (24.39%), Fat: 19.87g (30.56%), Saturated Fat: 5.19g (32.41%), Carbohydrates: 28.87g (9.62%), Net Carbohydrates: 27.49g (10%), Sugar: 22.35g (24.84%), Cholesterol: 196.65mg (65.55%), Sodium: 1940.03mg (84.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.27g (94.55%), Selenium: 38.13µg (54.47%), Vitamin B3: 10.31mg (51.54%), Iron: 4.42mg (24.58%), Manganese: 0.17mg (8.69%), Vitamin C: 5.81mg (7.04%), Potassium: 227.08mg (6.49%), Copper: 0.12mg (5.85%), Vitamin B6: 0.11mg (5.65%), Fiber: 1.37g (5.5%), Calcium: 42.55mg (4.26%), Phosphorus: 36.78mg (3.68%), Vitamin B2: 0.06mg (3.61%), Magnesium: 12.99mg (3.25%), Vitamin A: 77.59IU (1.55%), Vitamin K: 1.47µg (1.4%)