

## Duck Confit

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Duck confit is a regional recipe of France; confit means to cook in its own fat. In this recipe, the leg may be served as the main course or in a Cassoulet. The wings and the neck are perfect for perfuming soups or in salads.

### Ingredients

6 duck legs  
 6 duck wings  
 3 duck necks  
 1 kilograms rock salt  
 3 tablespoons dried thyme  
 3 tablespoons dried rosemary  
 3 tablespoons black peppercorns  
 8 cups duck fat

<b>Preparation Time</b>	5 min	<b>Difficulty</b>	Simple
<b>Portions</b>	6 servings	<b>Yield</b>	
<b>Country/Region</b>			
<b>Vegetarian</b>	No		

### Preparation

In a medium size bowl, mix the dried thyme, rosemary, black peppercorns and rock salt together. Spread evenly over duck legs, wings and neck. Place in a glass, plastic or china dish. Store in refrigerator for a minimum of 6 hours, allowing the meat to cure in the salt.

After 6 hours, wash each piece of meat under cold running water. Dry with a clean rag. Put the duck legs in a large pan then cover with the duck fat. Cook at a very low temperature (suggested 80°C / 175°F) until tender, 1 hour 15 minutes to 1-½ hours. Check if the duck is cooked. The meat should be tender. Cover the legs in the cooking fat and store in the refrigerator.

### Notes

Keep the fat boiling very slowly allowing few bubbles to form at a time. Make sure that ingredients are always totally covered by the fat and skim from time to time to remove impurities.