



DUCK LEG CONFIT

Courtesy of Chefe Olivier Bioteau Chef/Owner, Farm House Café

Ingredients:

8 duck legs
4 bay leaves
1 bunch thyme
2 tablespoons Port or Cognac
3 cups rendered duck fat
Salt & pepper to taste

Steps:

Place the duck legs flat, skin down, on a sheet pan. Break the bay leaves into pieces and place on top of the duck legs. Add roughly chopped thyme, drizzle with Port or Cognac, season with salt and pepper: refrigerate for 30 minutes.

Melt the rendered duck fat in a large shallow dish and place the duck legs skin side up so they are completely covered. Place the dish in an oven at 300 degrees for 2-2 ½ hours, or until the meat is tender.

You can shred the duck confit and use it in a variety of dishes.