



Duck Leg Confit

Makes 2 Servings

INGREDIENTS

2 duck legs, rinsed, patted dry
1 tbsp coarse salt
1/2 tbsp black peppercorns, crushed
1/2 tbsp Herbes de Provence
1 bay leaves, crumbled
4 cups melted duck fat

DIRECTIONS

[Note: You can purchase duck legs and duck fat at most large grocery stores and butchers.]

Put the duck legs in a bowl and rub with salt, pepper, Herbes de Provence and crumbled bay leaves. Refrigerate overnight. Rinse the duck legs well and pat dry. Preheat the oven to 300F.

Put the duck legs, skin-side up, in a medium Dutch oven. Pour enough melted duck fat over the duck legs to cover. Heat the duck fat to a gentle simmer on medium heat. Cover the Dutch oven and put it in the oven. Bake for about 2 hours or until the duck is fork tender.

Transfer the duck to a plate, strain the fat, and pour a layer of fat into a large baking dish. Put the duck legs on top and cover completely with the remaining fat. Cool completely. Refrigerate for at least 1 week and up to 2 weeks (to lessen the saltiness of the duck).

Preheat the oven to 350F.

Lift the duck pieces out of the fat, removing as much as possible. Heat a large saute pan on medium-high heat and add the legs, skin-side down. Saute the legs for 4 minutes per side until heated through and skin is crispy.