



## Duck confit

### Ingredients:

- 4 duck leg sections
- 1 shallot diced
- 8 cloves garlic minced
- 4 sprigs fresh thyme
- 4 bay leaves
- salt and pepper
- 4 cups of duck fat (approximately)

### Directions:

Sprinkle the duck leg sections with salt and pepper. Rub all ingredients (except the duck fat) over all of the duck leg sections. Place in ziplock bag or vacuum seal. Allow to marinate overnight.

Preheat oven to 225F. In a high walled pan or dutch oven, just large enough for the duck pieces to fit on the bottom. Add duck fat and heat until liquid. Remove duck pieces and wipe all of the seasoning/marinade off. Place in the pan and ensure the duck is fully submerged in the duck fat. Place in the oven and cook for 2 hours and check tenderness. The meat should be very tender and fall off the bone. If not quite tender, return to the oven for an additional 30 minutes to an hour.

When duck is tender, remove from the oven. The duck pieces can be be browned up in a pan or under the broiler. I found the broiler worked best.