

Gourmet Duck Secrets



Create a Memorable Confit with a Tastier Duck: Your Guide to Preparing World-Class Duck Confit

Duck Confit is an impressive and memorable dish you can prepare for your dinner guests. However, to make the right impression, you'll need to use traditional preparation techniques, as well as the finest ingredients. As the centerpiece of your plate, you'll want to find the highest quality duck meat available for your Confit.

This quick guide will provide you with a step-by-step process to prepare a flavorful Confit using the best ingredients. It will also help you locate the high-quality duck products you'll need to prepare the most delicious Duck Confit.

Ingredients for a Memorable Duck Confit

The following list of ingredients provides four servings of a delectable Duck Confit:

- 3 tablespoons salt
- 1 teaspoon allspice
- 3-4 cloves garlic, smashed
- 1 shallot, peeled and sliced
- 5-6 sprigs rosemary
- Coarse ground black pepper
- 4 duck legs with thighs
- 4 duck wings, trimmed
- Approx. 4 cups duck fat

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"Guaranteed to be the tastiest duck you'll ever eat"™



Preparation Techniques for the Most Flavorful Confit

One - Two Days Before Serving

Find a dish or container large enough to hold the duck pieces when arranged in one layer. Sprinkle the tablespoon of salt on the bottom of the dish. Then add to the bottom of the container one half of the garlic, shallots, and rosemary. Arrange the duck pieces with the skin facing upwards, then cover with the remaining salt, garlic, shallots, and rosemary. Sprinkles with a bit of pepper. Cover and refrigerate for 1-2 days.

Two - Three Hours Before Serving

Preheat your oven to 225°F. In a small saucepan, melt the duck fat. Lightly brush the seasonings from the duck pieces. Tightly arrange the duck pieces in one layer in a high-sided baking dish or ovenproof saucepan. Pour the melted fat onto the duck so that the pieces are completely covered, and place in the oven. Cook the confit at a very slow simmer until the duck is moist and tender, and can be easily removed from the bone. This will take approximately 2-3 hours. When this state is reached, remove the duck from the oven. Cool and store the confit in the fat. This will keep several weeks if refrigerated.

A Fattier Duck Makes a More Flavorful Confit

Top chefs agree, a fattier duck is a must when preparing a flavorful Duck Confit. To have a great tasting bird, you need a specifically balanced ratio of fat-to-meat. Too much fat and the meat is greasy. Too little fat and the meat is bland and dry. Make sure you find a well-balanced duck leg for your Confit.

Joe Jurgielewicz & Son - Your Duck Confit Ingredient Resource

Duck Legs

- Served as main entrée
- Perfect for duck confit using Joe Jurgielewicz rendered duck fat
- Packed 10 legs/bag, 3 bags/case



Rendered Duck Fat

- Use with Jurgielewicz duck legs for delicious duck confit
- Packed in 1.75 lb tubs
- 6 tubs/case

For ordering information, visit: <http://www.tastyduck.com>