

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

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.

Chef's Tip: 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.

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



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

Joe Jurgielewicz & Son - Providing the Highest-Quality Duck for Your Favorite Duck Dishes

Joe Jurgielewicz & Son have been providing customers with the finest quality ducks for over 20 years. Using veterinary science, vertical integration, and four generations of experience on the family farm, Jurgielewicz & Son ensures the quality of every product bearing their name.

All of the duck meats featured in these recipes are available for purchase from Joe Jurgielewicz & Son. For pricing information, call your Joe Jurgielewicz sales representative at (610) 562-DUCK or visit the website.

For more recipes, product information, and more, visit us at: <http://www.tastyduck.com>

