

Duck Confit

<u>Ingredient</u>	<u>Quantity</u>	<u>Instruction</u>
duck legs	2	
salt	1 tsp	
lemon	1	zested & thinly sliced
garlic	3 cloves	
allspice berries	1 TBLSP	
fresh thyme	2 sprigs	
Chinese Five Spice	1 tsp	
duck fat	2 cups	

- Season the duck legs with kosher salt on both sides. Place them in a large resealable bag. Add the lemon zest and lemon slices, garlic, allspice berries, fresh thyme, & Chinese Five Spice. Seal, and massage the duck legs through the bag until all of the ingredients are evenly dispersed. Refrigerate for 24 hours to marinate.
- Preheat the oven to 250 deg F.
- Remove the duck legs from the marinade. Use paper towels to pat the legs dry.
- Poke holes in the skin using a skewer or pointy knife.
- Place the rest of the contents of the bag into the bottom of an oven safe dish just large enough to hold the legs in a single layer. Arrange the duck legs skin-side-up in the dish. Pour the duck fat into a small saucepan and warm over low heat until liquid. Pour fat over the duck legs until they are completely covered. If the legs are not covered, you can top it off with some olive oil. As the legs cook, more fat will be rendered from the skin. Cover the dish with a lid.
- Bake for 2 hours in the preheated oven.
- Remove the dish from the oven, and crank the oven up to broil.
- Pour the fat out from the dish into a bowl. Wipe the fat off the legs, and return the duck legs to the dish, skin-side-up. Broil for 5 minutes to crisp the skin.
- Serve with potatoes and a bright salad.

NOTE: We have a local farm that sells jars of duck fat, and our food co-op also sells it.