

French Confit Duck Leg

Cuisine: Chinese

Food category: Poultry



Author: Gary CHIU

Company: Retigo Asia



Program steps

Preheating: 115 °C

1	Hot air	0 %	Termination by time	03:00 hh:mm	90 °C	90 %	X
2	Combination	30 %	Termination by core probe temperature	70 °C	230 °C	90 %	X

Ingredients - number of portions - 10

Name	Value	Unit
duck legs	250	g

seasoning recipe

Name	Value	Unit
duck fat	3000	ml
coarse salt	100	g
caster sugar	60	g
freshly ground black pepper, ground	3	g
garlic	100	g
thyme	10	g
rosemary	5	g
juniper berries	2	g
sage	5	g
bay leaf	1	g
orange	5	g

Nutrition and allergens

Allergens:

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, B6, C, E, K, Kyselina listová

Directions

*CHERRY VALLEY duck legs from Yilan

The first stage

The heavy weight and high pressure help the duck meat cells to ooze out excess water, making the meat firmer and the skin smoother for frying and roasting

After marinating, wash and dry the water. The duck fat in the pot completely covers the duck legs. Add vanilla and sweet orange peel to seal the oil.

Oil seal at a low temperature of 90°C for 3 hours to reach the level of cooked and tender duck legs and maintain the quality of the duck legs

second stage

After the oil seal is completed, drain the excess duck fat, use a non-stick flat baking pan, and fry at high temperature with the skin facing down

If pre-made and refrigerated, remove the ice and return to room temperature in advance when frying to avoid excessive temperature difference between inside and outside

If it is pre-made and stored in refrigeration, it is recommended that the center temperature should be higher than 70°C after frying and roasting.

Nutritional value of one portion	Value
Energy	131.1 kJ
Carbohydrate	9.8 g
Fat	8.2 g
Protein	4.3 g
Water	0 g

Recommended accessories



Vision Bake