

# Confit duck leg

Cuisine: **French**  
Food category: **Poultry**

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Program steps

1

Hot air

100 %

Termination by time

03:00 hh:mm

110 °C

50 %

2

Hot air

50 %

Termination by time

00:05 hh:mm

220 °C

100 %

Ingredients - number of portions - 10

Name	Value	Unit
duck legs	10	pcs
thyme	10	g
coarse salt	100	g
duck fat	1500	g

Nutrition and allergens

Allergens:  
Minerals:  
Vitamins:

Nutritional value of one portion	Value
Energy	1349.9 kJ
Carbohydrate	0.5 g
Fat	138.1 g
Protein	0.1 g
Water	0 g

Directions

Roughly chop the thyme and mix with salt. Put the thighs in the baking dish, put them in the prepared mixture, cover them with food foil and let them marinate for 24 hours. The next day, wash the thighs and dry them with a paper towel. We put the thighs in a GN 1/1 100mm next to each other, cover them with melted lard (duck or pork) so that they are completely immersed in the lard. Place in the oven and confit at 110°C for about 3 hours. When the meat can be easily separated from the bone, take it out of the oven and let it cool. Then remove the thighs from the fat. Before serving, quickly roast the thigh at 220°C for approx. 5 - 7 minutes. until the skin is crispy. We are serving.

Recommended accessories

GN container Stainless steel full

Enameled GN container