

Confit duck leg

Cuisine: **French**

Food category: **Poultry**

Author: **Pavel Gaubmann**

Company: **Retigo**



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

Chop the thyme coarsely and mix it with salt. Place the legs in a baking dish, marinate them in the prepared mixture, cover with plastic wrap, and let marinate for 24 hours. On the second day, rinse the legs and dry them with a paper towel. Arrange the legs side by side in a GN 1/1 100mm, pour melted fat (duck fat, or possibly pork fat) over them until they are completely submerged in fat. Place in the oven and confit at 110°C for about 3 hours. When the meat easily separates from the bone, remove from the oven and let cool. Then, remove the legs from the fat. Before serving, sear the legs at 220°C for about 5 - 7 minutes until the skin is crispy. Serve.

Recommended accessories



GN container Stainless steel full



Enameled GN container