

If you're looking for an amazing meal to prepare for your guests, this Duck Leg Confit won't let you down! Follow the recipe below, or print the PDF at the bottom to save and try later. Let us know what you think!

Marinade

Ingredients

- 4 ea Duck legs, thawed
- 2 $\frac{2}{3}$ tsp Juniper Berries, ground
- 2 $\frac{2}{3}$ tsp Fennel, ground
- $\frac{2}{3}$ tsp Black pepper
- $\frac{2}{3}$ tsp Salt, Himalayan
- $\frac{2}{3}$ tsp Olive Oil (Not Blue Rock Olive Oil) for searing the duck legs

Preparation

1. Gather all ingredients and equipment prior to beginning the recipe.
2. Remove excess fat from the bottom of leg.
3. Add the rub to the skin side of the legs.
4. With a two-prong fork, pierce the skin multiple times allowing the spice rub to penetrate the skin into the meat.
5. Allow to marinate for a minimum of 4 hours; preferably overnight.
6. Place a skillet on high heat. Add olive oil.
7. When the olive oil begins to smoke, place duck skin side down. As many that fits in the skillet.
8. Sear until golden brown, turn over.
9. Sear other side until golden brown, remove from skillet placing skin-side down into the braising liquid.
10. Continue until all duck legs are seared and placed into the braising liquid.

Plating Ingredients

- Mascarpone Polenta
 - Sauteed greens with shallots and garlic
 - Boneless duck leg
 - Sour cherry caramel emulsion
 - Radish cups
 - Cipollini onion petals
 - Small green leaf garnish (arugula)
 - Pistachio dukkah
 - Flowers
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Braising

Ingredients

- 1 ⅓ tsp Olive Oil (Not Blue Rock Olive Oil)
- ½ Onion, yellow, peeled and chopped
- 1 each Carrots, peeled, cut ½ rounds
- ⅔ each Celery, chopped
- 1/10th tsp Salt, Himalayan
- 1/10th tsp Pepper, black
- 0.2 oz Garlic, whole bulb, cut in half
- 1/10th each Orange, peel only
- 1 each Bay leaf
- 1 each Star Anise
- 1 each Cinnamon sticks, 1 inch
- ½ tsp Black peppercorn, whole
- ½ tsp Juniper berries, whole
- 1 stem Thyme, fresh
- ¼ each Red wine, Baby Blue, bottle
- 25 oz Chicken stock

Preparation

1. Gather all ingredients and equipment prior to beginning the recipe.
2. Place the chicken stock in a large pot over a high heat. Bring to a boil.
3. Place 2-3 skillet over a high heat. Add olive oil.
4. When the oil begins to smoke, add the onions to one of the skillets. Cook the onions on high allowing to caramelize while stirring frequently. Season with ½ tsp of the salt and ½ tsp of pepper.
5. In the other skillet, cook the carrots and celery in the same style as the onions for approximately 15 minutes allowing the vegetables to caramelize. Season with ½ tsp of the salt and ½ tsp of pepper.
6. While the vegetables are cooking, place equal parts of the garlic, orange peel, bay leaf, star anise, cinnamon stick, peppercorn, juniper berries, and thyme into three hotel pans.
7. Once the vegetables are caramelized, add one bottle of red wine to each skillet. Cook on high heat until the red wine reduces by half.
8. Place equal parts of the onions and carrots/celery into each hotel pan.
9. Add the hot chicken stock.
10. Follow the cooking instructions for the duck legs.
11. Once the duck legs are seared place equal amounts of the duck legs in each hotel pan, cover with foil.
12. Place in a 350-degree oven braising for 4 hours.
13. The duck legs will be done when the joint between the leg and thigh wiggles and appears loose.

14. Remove from oven allowing to cool at room temperature for 30 minutes.
 15. Remove the duck legs from the braising liquid; strain the liquid and cool to 70 degrees within 4 hours and 40 degrees within 6 hours. Stir periodically to allow even cooling.
 16. While the duck is cool to the touch, debone the duck legs. Cryovac in 2 portion and 4 portion packages.
 17. Label and date the duck packages; freeze legs not needed for service.
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Emulsion

Ingredients

- All Braising liquid
- 5 ⅓ tbsp Sour cherries, dried
- 1 ⅓ tsp Dijon mustard

Preparation

1. Gather all ingredients and equipment prior to beginning the recipe.
 2. Place the braising liquid in a pot over high heat.
 3. Bring to a boil allowing to boil reducing by half.
 4. Add the dried cherries and Dijon mustard allowing to cook for 20 minutes.
 5. Using a blender, blend until smooth.
 6. Store in medium deli cups labeled with date of production and item name.
 7. Allow cooling to 70 degrees within 4 hours and 40 degrees within 6 hours.
 8. Store in freezer up to 6 months.
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Radish cups Gluten Free

- 1 bun Easter Radish

Preparation

1. Remove the radishes from the leaves.
 2. Wash thoroughly.
 3. Using a mandolin, slice very thinly.
 4. Place in a deli cup with water.
 5. Place in refrigeration overnight prior to using. Replace after 5 days.
 6. Always prepare the day before needed.
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Greens

Ingredients

- 1 tbsp Olive Oil (Not Blue Rock Olive Oil)
- 1 tbsp Shallots, minced
- 1 tsp Garlic, sliced or minced
- ½ cup Water
- ½ bunch Dinosaur Kale, stems removed, torn into 2" pieces
- ½ bunch Mustard Greens, stems removed, torn into 2" pieces
- 1 bunch Rainbow Chard, stems removed, torn into 2" pieces
- ¼ tsp Salt, Himalayan

Preparation

1. Gather all ingredients and equipment prior to beginning the recipe.
 2. Heat a large wok over high heat.
 3. Add the olive oil and shallots. Allow to cook for 1 minute stirring consistently.
 4. Add the garlic cooking for 15 seconds.
 5. Add the water, bring to a boil. Cook for 1.5 to 2 minutes or until the water reduces by half.
 6. Add the greens cooking until wilted; approximately 4 minutes. While the greens are cooking, use tongs to turn the greens over constantly.
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Pistachio Dukkah

Ingredients

- ½ cup Pistachio, toasted, ground
- ¼ cup Sesame seeds, toasted, ground
- 6 tbsp Coconut, grated, toasted, ground
- 1 tbsp Cumin, ground
- 3 tbsp Coriander, toasted ground
- 1 tsp Salt, Himalayan
- ½ tsp Pepper, black

Preparation

1. Gather all ingredients and equipment prior to beginning the recipe.
 2. Combine all ingredients in a deli cup. Mix well.
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Cipollini Onion Pedals

Ingredients

- 2 ea Cipollini onions, peeled
- 1 ½ cups Water
- 2 tbsp Vinegar, champagne
- 2 oz Red beet, washed, sliced 1/8" thick skin-on
- 12 ea Black peppercorn
- ½ cup Sugar, cane, brown
- 1 tsp Salt, Himalayan

Preparation

1. Gather all ingredients and equipment prior to beginning the recipe.
 2. Place the water, vinegar, beet slices, peppercorn, sugar and salt in a sauce pot on high heat.
 3. Bring to a boil; then reduce heat to simmer.
 4. Allow simmering for 15 minutes; stirring occasionally.
 5. While the beets are steeping in the pickling liquid, cut the onions into ¼'s or 6 pieces depending on the size of the onions.
 6. Peel apart the onion layers to create individual pedals, place in a stainless-steel bowl.
 7. Strain the pickling liquid into the deli cup with the onion pieces. Cover.
 8. Store in refrigeration. Replace after 5 days.
 9. Always prepare the day before needed.
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Polenta

Ingredients

- 4 cups Chicken stock
- 4 cups Milk, whole
- 1 tsp Salt, Himalayan
- 2 cups Cornmeal
- 4 oz Mascarpone cheese
- 1 cup Reggiano Parmigiana, grated
- 1/3 Italian parsley, fresh bunch

Preparation

1. Gather all ingredients and equipment prior to beginning the recipe.
2. In a medium sauce pot, combine the chicken stock, milk, and salt; bring to a boil.

3. Whisk in the cornmeal; whisk continuously to ensure smoothness and no lumps.
 4. Once the mixture begins to bubble, reduce heat to low; continue stirring.
 5. Allow to cook for 20 minutes. Turn off burner.
 6. Stir in the cheeses and parsley.
 7. Allow to cool for 30 minutes at room temperature.
 8. Cryovac 2 portions per package; 8 oz per package.
 9. Allow cooling to 70 degrees within 4 hours and 40 degrees within 6 hours.
 10. Press flat for freezer storage prior to freezing.
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Plating Completion Steps

Mascarpone Polenta

10 minutes prior to serving, place the polenta in a small pan. Add $\frac{1}{4}$ cup of chicken stock for each package; bring to a low boil. Reserve warm for serving. Reheating takes 4-5 minutes.

Emulsion

Add $\frac{1}{4}$ cup of chicken stock per 1 cup of sauce; bring to a low boil. Remove from heat allowing to cool for 2 minutes. Whisk in 1 oz of butter for every 2 guests.

Duck

Place boneless duck on a sheet tray with a $\frac{1}{2}$ cup of chicken stock; no rack. Place in a 430-degree oven for 15 minutes uncovered. Remove from oven at time of plating.

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