

## **DUCK CONFIT**

*(from the Bewitching Kitchen)*

3 tablespoons salt  
2 cloves garlic, smashed (optional)  
1 shallot, peeled and sliced  
6 sprigs thyme  
4 sage leaves  
Coarsely ground black pepper  
4 duck legs with thighs  
4 tablespoons duck fat

Sprinkle 1 tablespoon of salt in the bottom of a dish or plastic container large enough to hold the duck pieces in a single layer. Evenly scatter half the garlic, shallots, and thyme in the container. Arrange the duck, skin-side up, over the salt mixture, placing one sage leaf underneath each piece of duck. Sprinkle with the remaining salt, garlic, shallots, and thyme and a little pepper. Cover and refrigerate for 24 to 48 hours.

Rinse the duck pieces well, to remove the coarse salt. Dry the meat with paper towels. Place each piece in a plastic bag, adding 1 tablespoon of very cold duck fat inside, vacuum-seal the bags. Submerge the sealed bags in a water-bath set at 82 C (180 F) for 10 hours. When the time is up, chill the pieces in an ice bath and place in the fridge, still sealed.

About 45 minutes before meal time, remove the duck from the fridge, open the bag and scrape off most of the congealed fat. Place in a roasting pan, skin side up, cover with aluminum foil and warm up in a 375 F oven for about 30 minutes. Before serving, place the pan under the broiler to crisp up the skin. Alternatively, you can warm up the pieces and then sear the skin on a blazing hot skillet.