



Confit Organic Duck Leg

A traditional way of preserving duck that really packs in the flavour.

Serves: 4

Prepare: 24 Hours

Cook: 3 Hours

Difficulty: easy

Ingredients

- 4 [organic duck legs](#)
- 180g ghee
- 100g pink himalayan salt
- 50g ground black pepper

Method

1. Pat the duck legs dry and then season them generously with salt and pepper, rubbing it into all the nooks and crannies
2. Transfer the legs to a shallow dish (you're looking for a snug fit) and coat them generously with ghee, pouring it all over until they're well covered. Sprinkle with a thick crust of salt and pepper
3. Cover the dish with a layer of greaseproof paper and put it into the fridge for 24 hours to marinate
4. When you're ready to cook, heat the oven to 160°C fan, replace the greaseproof with a tight covering of foil and cook for 3 hours
5. You'll know the duck is cooked when its core temperature reaches 65°C and the meat falls easily away from the bone
6. To finish, drain the duck legs on some kitchen paper before crisping the skin in a frying pan until it's well browned all over. Serve with dauphinoise potatoes and spiced red cabbage