



## 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