

## Duck leg confit

This staple of French dining gets a Canadian twist, with a touch of maple that's sure to get the tongues wagging. Chef John Morris likes to pair this with a Cabernet Merlot—get one with big, bold notes to match the richness of the duck.

Prep

30 mins

Cook

240 mins



### Ingredients

- 4 duck legs
- 1 ½ L duck fat

### Curing mix

- 1 cup sea salt
- 1 cup maple sugar
- 6 sprigs thyme
- 1 sprig rosemary
- 3 garlic cloves, roughly chopped
- 1 or 2 bay leaves, broken up
- 5 pink peppercorns, crushed
- Zest and juice of one orange
- 3 pieces star anise, broken up

## Instructions

### **Step 1**

Combine all the ingredients for the curing mix in a large mixing bowl, ensuring a uniform mixture.

### **Step 2**

Put a layer of curing mix onto the bottom of a storage container large enough to hold the curing mix and the duck legs.

### **Step 3**

Place the duck legs into remaining curing mix and rub the legs with curing mix.

### **Step 4**

Add the legs to the storage container and cover with the excess curing mixture.

### **Step 5**

Cover the container and refrigerate for 12-24 hours.

### **Step 6**

Remove the duck legs from the cure. Rinse thoroughly to remove excess salt, and then pat dry.

### **Step 7**

Add legs and duck fat to the cocotte and cover with the lid.

### **Step 8**

Place into a 200 F oven and cook until tender, around 4 hours.