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.