



Ready Cooked - Confit Duck

Luv-a-Duck's Confit Duck Legs and Confit Duck Supreme (Breast and Half Wing) have been slowly cooked in their own juices until the meat is tender and succulent. Simply heat and serve.



Menu Idea: Confit Duck Leg on Butterbean Puree

- ✓ Already slow cooked for you. Simply heat and serve
- ✓ High margin menu item
- ✓ Full of flavour
- ✓ Ideal for butchers, restaurants, cafes, bistros and caterers
- ✓ Easy to heat and serve in just 15 minutes saving hours of preparation



Ready Cooked - Confit Duck

Confit is a centuries old French method of cooking and preserving duck. At Luv-a-Duck, we have done all the hard work for you. Simply heat, brown and serve.



FEATURES AND BENEFITS

- ✓ So simple and quick to heat and serve in under 15 minutes, saving hours of preparation
- ✓ Restaurant quality
- ✓ Ideal for butchers, restaurants, cafes, bistros and caterers
- ✓ Gluten free
- ✓ No artificial colours or flavours

MENU SUGGESTIONS

- ✓ Shred and fold through a risotto or pasta
- ✓ Create Confit Duck and caramelised onion tartlets
- ✓ Serve on a butterbean puree with steamed green beans

We are Proudly:



Export Establishment
N° 178

PRODUCT DESCRIPTION & FURTHER INFORMATION

Confit Duck Legs, Confit Breast and Half Wing, premium quality

Ingredients: Duck (98%), Marinade (Salt, Dextrose, Emulsifiers (451, 452, 450), Food Acid (330), Vegetable Gum (415), Vegetable Powders, Yeast Extract, Natural Flavour).

Allergens: None

Storage: Chilled: Keep at or below 4°C

Frozen: Keep frozen at or below -18°C

Shelf Life: Chilled (retail): 6 months from packed date

Frozen: 12 months from packed date. 7 days from thawed.

Cooking Instructions:

Place duck skin side up in a hot oven (200 °c) for approx 15-20 mins

Nutrition Information:

Serving size: Approx. 120 g (edible portion)

	Legs		Breast & 1/2 Wing	
	Per Serve	Per 100g	Per Serve	Per 100g
Energy	1565kJ	949kJ	1180kJ	983kJ
Protein	23.1g	14.0g	17.3g	14.4g
Fat - Total	28.0g	17.0g	22.5g	18.7g
- Saturated	8g	4.8g	6.7g	5.6g
Carbohydrate	8g	4.8g	3.2g	2.7g
- Sugars	LESS THAN 1g	LESS THAN 1g	LESS THAN 1g	0.5g
Sodium	272.2mg	195mg	228mg	190 mg

Product Name	Product Code	Portions / Pack Avg	Avg Pack Weight	UOM	Units/ Ctn
Confit Legs - Large (2x 160g - 200g) Frozen	3213LGUZ	2	0.46 kg	kg	8
Confit Duck Legs x 2 Rand Wght Chilled	F3313CF	2	0.4 kg	kg	6

* Please contact us for a detailed product/price list suitable to your state.

Wholesaler/Distributor Details:

Luv-a-Duck Orders

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