



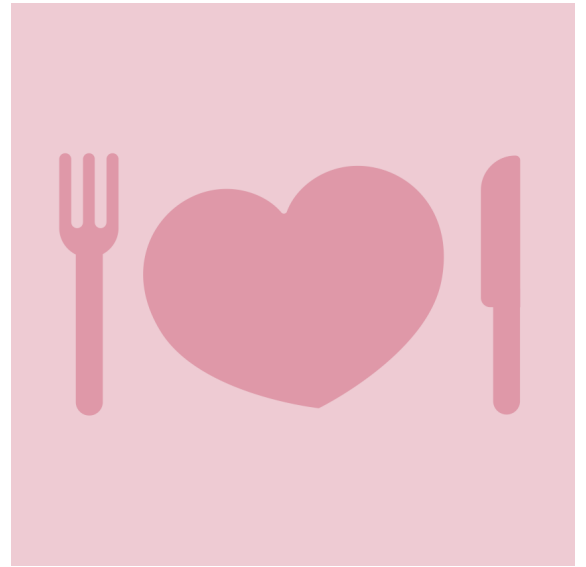
CONFIT DUCK, LENTILS, FIG AND VINCOTTO

FROM EVERYDAY GOURMET WITH JUSTINE SCHOFIELD

Difficulty: Easy

Serves: 4

Cooking: 6 hours



INGREDIENTS

Confit of duck:

4 x Luv-A-Duck, Fresh Duck Legs
1.32kg Duck Fat (4 x tubs 330g)
1 orange
3 star anise
3 cloves
8 coriander seeds
1 clove garlic
¼ bunch thyme
1kg rock salt

Salad:

500g lentils
1 carrot
1 celery
1 brown onion
200g fresh cherries
½ bunch chervil
½ bunch flat leaf parsley
½ bunch chives
1 lemon
100mls olive oil
50mls sherry vinegar
Flaked sea salt to taste
75g walnuts
6 figs, cut into quarters
2 tbsp sheeps milk yoghurt
50ml vincotto
50g pomegranate

METHOD

Duck Confit

1. Pre heat oven to 110°C.
2. In an stainless steel bowl lightly crush the spices and mix in the salt, garlic and thyme.
3. Take the zest of the orange of and roughly chop add to the salt mix
4. Place the duck legs into a tray lined with silicon paper, place the salt mix over the duck legs.
5. Place the tray of ducks into the fridge for 3 hours
6. After 3 hours remove the duck from the fridge and wash the salt/curing under cold water
7. Place the duck legs onto paper towel to dry
8. Place the duck legs into a small deep tray, cover with duck fat. Then cover the tray with silicon paper and foil.
9. Place the tray of duck legs into oven for approx. 3 hours. Until duck is cooked. (there should be a slight movement of the meat from the bone)
10. Once cooked remove the thigh bone and clean any excess skin from the duck.
11. Serve with the salad

Salad

1. Peel and chop the carrots, onion and celery into 2cm dice place into a pot with the lentils and cover with cold water
2. Place the pot of lentils on to medium heat and cook until soft, aprox 30 minutes. Season with salt in the last 2 minutes of cooking
3. When cooked strain the lentils and allow to cool
4. Wash and chop all of the herbs finely
5. Add pomegranate seeds, quartered figs, fig vincotto, walnuts, and sheeps milk yoghurt.
6. Place the lentils into a bowl with the chopped herbs and fig salad, finish with the olive oil and sherry vinegar.
7. Season with sea salt