

Confit Duck Leg, Duck Fat Potatoes and Roasted Pear

Wine Pairing: The Piece Shiraz Prep Time: 30 min
Serves: 6 Cooking Time: 3—4 hrs

Instructions

- 1:**
Rub duck with salt and pepper, leave overnight to cure if possible.
- 2:**
Melt goose fat in deep oven tray and submerge duck legs. Cover with foil and cook on 120°C for 3—4 hours. It is done when the bone is exposed. Remove from fat and sit on paper.
- 3:**
Peel, quarter and steam potatoes and pears. Place potatoes and pears in oven tray and pour over hot fat until coated. Roast on 180°C for 20 minutes until golden.
- 4:**
Reduce stock by two thirds, stir through butter.
- 5:**
To serve, place pears and potatoes on plate, top with duck and drizzle with jus.

Notes

A simple feta and rocket salad will compliment nicely.

Ingredients

- 6 duck Maryland legs
- 6 bintje potatoes
- 1 jar goose fat—or duck fat
- 2 Tbsp sea salt
- 2 Tbsp cracked black pepper
- 3 beurre bosc pears
- 500ml good chicken stock
- 500ml white wine
- 2 Tbsp butter

