

Duck Confit for Two

With Roasted New Potatoes, Pear, Mango and Endive Salad With Plum Vinaigrette



For 2 People

THE DUCK Ingredients:

- 2 duck legs with thighs, thigh bone removed and trimmed
- 1 bulb, garlic, split
- 3 sprigs rosemary, 4 inch
- 1 T salt
- 1 cup duck fat

CHINESE STYLE PLUM SAUCE Yield 1 cup

Ingredients:

- 2 red plums, stoned & quartered
- ¼ cup rice wine vinegar
- 2 T granulated sugar
- ¼ cup light brown sugar (packed)
- 1 T fresh ginger root, peeled & chopped
- 1 tsp coarse (kosher) salt
- 1 tsp honey Dijon mustard
- ½ onion, diced
- ½ red pepper, roasted, peeled, and diced To Roast a Pepper: Grill on gas stove or barbecue until blackened Move to a bowl and cover with saran wrap 10 minutes later, clean the pepper (it's hot)
- 1 T garlic, minced
- 1 tsp cinnamon powder
- 1 tsp Chinese five spice

ROASTED NEW POTATOES

Ingredients:

- 4 new potatoes, red, washed split, turned
- ¼ cup duck fat
- 1 tsp chopped rosemary
- 1 tsp coarse sea salt
- 1 tsp chopped garlic

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FRISÉE, PEAR AND MANGO SALAD

Ingredients:

½ heads, frisee, cleaned (or microgreens)
1 pear, cored, quartered, sliced 1/8 inch
1 mango, peeled, halved, sliced 1/8 inch
¼ cup edible flowers (optional)

PLUM VINAIGRETTE

Ingredients:

2 T olive oil
2 T rice wine vinegar
½ cup Chinese-style plum sauce
2 T fine diced shallots
1 tsp pureed garlic
Salt to taste

METHOD:

For the duck: Macerate duck for 24 hours with garlic, rosemary, and ½ the salt. Preheat the oven to 225F. Melt the duck fat in a small saucepan. Arrange the duck and rosemary in a single snug layer in a high sided baking dish or ovenproof saucepan. Pour the melted fat over the duck (the duck pieces should be covered by fat). Add rest of salt, bring to a simmer on the stove, then place the confit in the oven. Cook slowly at a very slow simmer until duck is tender and can be easily pulled from the bone, 2-3 hours. Remove the confit from the oven. Cool and store the duck in the fat.

For the plum sauce: Sauté onion and garlic together until translucent, and add rest of ingredients. Bring to boil, covered, and simmer approximately 1 hour until all fruit is soft. Puree until smooth, strain, and chill.

For the potatoes: Combine all ingredients, mix well. Roast in small batches 10 minutes in convection oven in 400 F or 375 F convection oven. Serve immediately.

For the vinaigrette: Combine all ingredients.

For the salad: Arrange ¼ head of washed frisee in the centre of plate, fronds out. Place mango and pear sliced around salad, top with flowers.

To present: To reheat duck roast in 400 F or 375F Convection oven for 8 mins to crisp the skin, blot and present with frisee, mango and pear salad, with roasted new potatoes, and plum vinaigrette.