

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
1T	salt
1 cup	duck fat

CHINESE STYLE PLUM SAUCE Yield 1 cup

Ingredients:

2	red plums, stoned & quartered
1/4 cup	rice wine vinegar
2 T	granulated sugar
1/4 cup	light brown sugar (packed)
1 T	fresh ginger root, peeled & chopped
1 tsp	coarse (kosher) salt
1 tsp	honey Dijon mustard
1/2	onion, diced
1/2	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
1/4 cup	duck fat
1 tsp	chopped rosemary
1 tsp	coarse sea salt
1 tsp	chopped garlic

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FRISEE, 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.