



# Duck Confit, Simplified

*adapted from Bon Appétit*

*serves 4*

- 2 garlic cloves, peeled and smashed
- 1 tablespoon coarse sea salt
- 1/2 teaspoon freshly ground black pepper
- 1 teaspoon dried thyme, divided
- 4 skin-on, bone-in duck legs (thighs & drumsticks)
- 1/2 teaspoon crushed red pepper flakes

Preheat oven to 250°F. Line a baking sheet with aluminum foil.

With the tip of a paring knife, prick duck leg skin all over.

In a mortar and pestle, work garlic, salt, pepper and 1/2 teaspoon thyme into a paste. Massage paste all over duck legs.

Arrange legs, skin side down, in a roasting pan or large Dutch oven and remaining thyme red pepper flakes and 1/4 cup water. Cover pan with foil or lid and cook in the oven until the fat is rendered, 2 hours. Using tongs, gently turn the legs skin side up and submerge them in the rendered fat. Cover the pan again and return to the oven until meat is very tender and bones are loose, another 2½ hours or so. Pull pan from the oven and increase the heat to 400°F.

Remove duck from the fat and place, skin side up, on a rimmed baking sheet. Set fat aside to cool. Season duck with cracked pepper and roast until skin is brown and crisp, 30–35 minutes. When fat is cool, strain it into an airtight container and refrigerate for several weeks (or freeze for several months).

Serve duck confit on a bed of sauerkraut and/or alongside a salad of bitter greens with a sharp dressing.