

Recipe No. 35/2014

“Confit” of Duck

The Duck Ragout we promised for this week, calls for confit duck. In South Africa, this isn't readily available as a convenience food so Lynette sent us the Thermomix version which we have sent out for this week. Strictly speaking, confit duck is first preserved in salt for a day or two, and then cooked in a controlled temperature in fat. As we aren't going to need to store this duck for any length of time, but use it straight away for the ragout, we are going to sous-vide the duck in some duck fat. The Thermomix, with its temperature control, gives you the perfect sous-vide (water bath). The third and final part of this recipe will be next week.

Total Preparation time: 1 hour 10 minutes

Ingredients

500g duck breasts (we used 2 duck breasts)
45g duck fat
A little salt
White pepper
Plastic bag with seal, big enough for duck breasts.
1 000g water



Method

1. Place duck breasts into bag. Add duck fat and seasoning.
2. Squeeze as much air out of the bag as possible and seal.
3. Place water into TM bowl. Insert simmering basket and place duck into simmering basket.
4. Cook **60 min/70°C/speed 1**.
5. When cooked, using the spatula, carefully remove the simmering basket. Use duck as required or refrigerate in the bag for up to 2 days.

Sous-vide (under vacuum) is a wonderful way of cooking meat, poultry or fish as it locks-in flavours and nutrients and gives an extremely gentle, even-form of cooking.

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