

*East West Bake Cooking Show*

## DUCK CONFIT WITH ORANGE SAUCE

*Chef Brian Mellor*



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### Episode 8 – Duck Confit with Orange Sauce

by Chef Brian Mellor

Serves 2

*Ingredients*

- 1 Ea Duck leg
- 2 Tbsp Salt rock
- 1 Tsp Five spice
- 1 Tsp Thyme dried
- 0.5 Ea Oranges large
- 1 Ea Spice star anise
- 2 Ea Garlic cloves
- 1 Spg Herb rosemary
- 50 Ml Oil vegetable, or duck fat if available

Duck leg slow cooked in it's own fat with aromats

Combine the rock salt, thyme & five spice. Coat the duck leg with the mix rubbing in well & leave overnight.

Pre heat the oven to 140C. Quickly rinse of the cure & pat the leg dry then trim and seperate the drumstick from the thigh dependant on the final use of the confit.

Lightly crush the garlic bulbs with a broad knife (no need to slice). Slice the orange into 1/2 cm rounds.

Add half the ingredients bar the duck into a heavy pot/ roasting tray.

Add the duck tucking in any skin neatly to keep a uniform shape. Place the remaining ingredients over the duck.

(Keep any trimmings of duck fat from the carcass to add at this stage).

Then finish with a lid or foil tightly on top and place in the oven for 2 hours.

Remove the lid, ensure the meat is sat above the level of the fat and allow to colour for 20 - 30 minutes.

Note: this is traditionally a method of preservation wherby the meat would be sealed underneath the layer of fat and kept in a cold place until needed. It can then be removed and added to dishes or crisped up and served separately.

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