



cast iron

Duck Confit
with Warm Beetroot Salad
Cast Iron 29cm Oval Casserole



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Serves 6

A classic dish from the south-west of France. The duck legs are marinated in sea salt, black pepper, garlic, rosemary, thyme and bay leaves, then slow cooked in the oval casserole with goose fat until the meat is wonderfully tender. The cooked duck is then drained and roasted in a hot oven to brown and crisp the skin to perfection. Serve with a salad of warm roasted beetroots, baby salad leaves and a fresh citrus dressing.

Cast Iron 29cm Oval Casserole

Oven: 150°C

Fan Oven: 130°C

Preparation time: 10 minutes + 24hrs or overnight marinating

Cooking time: 2½ - 3hrs

Ingredients

6 duck legs approximately 1.25kg

Marinade

3 tablespoons sea salt
1 teaspoon black pepper
1 bulb garlic – broken into cloves and bruised
3 sprigs of rosemary – leaves picked
6-8 sprigs of thyme – leaves picked
2 fresh bay leaves – torn
2 x 340g cans goose fat

Warm Beetroot Salad

450g fresh beetroots – peeled and sliced into slim wedges
1½ tablespoons olive oil
½ teaspoon salt and pepper
115g mixed baby salad leaves including chard and spinach
2 small heads of red chicory approx 100g – separated into leaves
Citrus dressing – 3 tablespoons olive oil, zest of 1 lemon + 3 tablespoons lemon juice, ½ teaspoon sugar, ½ teaspoon salt and ¼ teaspoon coarse black pepper

Method

1. Wipe the duck legs dry and place them loosely into the casserole dish. Rub the sea salt into the duck skin. Add the remaining marinating ingredients and combine. Place the legs skin side down, compacting them together. Put the lid on and leave to marinate in the refrigerator for 24hrs or minimum overnight.
2. Heat the oven. Remove the duck pieces from the casserole, wipe away the salty marinade and pat dry with kitchen paper. Wash and dry the casserole dish.
3. Pack the duck pieces skin side up into the cleaned casserole dish and pour over the goose fat.
4. Place the casserole dish on the hob and bring to a simmer. Place the lid on and transfer to the oven to cook for 2¼ – 2½ hours or until the meat comes away from the bone.
5. Remove the casserole dish from the oven and allow the cooked duck to cool slightly before lifting from the fat onto a draining rack or kitchen paper.
6. Increase oven temperature to 220°C/Fan 200° C
7. Place the duck onto a baking sheet and crisp the skin in the oven for 10-12 minutes.

To make the Beetroot Salad

1. Place the prepared beetroot onto a baking tray, drizzle over the olive oil and sprinkle with the seasoning. Roast in a hot oven 220°C/Fan 200° C for 25-30 minutes.
2. Whisk the dressing ingredients together in a small bowl.
3. Place the baby leaves, chicory and warm roasted beetroot onto a serving dish and drizzle over the citrus dressing.
Serve the crisp duck confit with the dressed salad.

Cook's notes

Heating the casserole dish and its contents, before placing in the oven, decreases the overall cooking time significantly.

The goose and duck cooking fat can be decanted, strained, chilled or frozen and reused to make delicious roast potatoes, potato rosti or roasted vegetables.

The 30cm Shallow and 24cm Round casseroles can also be used for this recipe.



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29cm Oval Casserole

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