

Confit duck leg with roasted Jerusalem artichokes and onion

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This is a dish to impress your gourmet dinner guests! Confit duck is a wicked way to celebrate a special occasion.

Ingredients (serves 4)

Duck

- 4 duck marylands (leg and thigh portions)
- 4 cloves [garlic](#), peeled and smashed
- 4 sprigs thyme
- 2 sprigs rosemary
- 2 L duck fat
- 500 g Jerusalem [artichokes](#), scrubbed, skin on
- 2 bunches spring onions, trimmed, halved
- 4 sage leaves
- 2 bay leaves
- 50 g cornichons and chervil sprigs, to garnish
- Salt and pepper

Salsa verde

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- 1 clove garlic
- 100 ml [olive oil](#)
- ¼ bunch flat-leaf [parsley](#), leaves picked
- ¼ bunch basil, leaves picked
- ¼ bunch mint, leaves picked
- 1 tbsp chardonnay vinegar
- 1 tbsp lemon zest and juice
- Salt and pepper

Method

Preheat the oven to 120°C.

Season duck with salt and pepper and place in a large ovenproof saucepan with 3 cloves of garlic, 2 sprigs of thyme and 1 sprig of rosemary. Add the duck fat and bring to a simmer over medium heat. Place a cartouche (a round of baking paper) over the duck portions to keep them submerged in the fat, then cover and bake for 2 hours, until meats starts to come away from the bone. Remove and let duck rest in the fat. Increase heat to 180°C.

Cut Jerusalem artichokes into bite-sized pieces. Place a large ovenproof frying pan over high heat and add 100 ml of the duck fat from the confit. When it's hot, add the Jerusalem artichokes, onions, remaining garlic, thyme, rosemary and the sage. Season with salt and pepper. Cook, shaking pan occasionally, for 5 minutes. Add bay leaves, put into the oven and bake for 15 to 25 minutes, until artichokes are tender. Return to stove over medium heat. Drain duck portions from the fat and add to the frying pan, skin-side down. Cook for 2 to 3 minutes, until skin is golden and crisp.

To make the salsa verde, place the garlic in a blender with the olive oil and blend until finely chopped. Add the herbs and blend to a smooth, thick paste. Mix in the vinegar and lemon zest and juice. Season with salt and pepper. Transfer to a serving bowl. Place duck, artichokes, onions and cornichons on serving plates. Serve scattered with chervil and a good spoonful of the salsa verde.

Recipe and images from *Matt's Kitchen Garden Cookbook* by [Matt Moran](#)

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