

Goosnargh duck confit

The duck confit can be made 24 hours in advance.

Ingredients

- 3 tbsp sea salt
- 4 duck legs
- freshly ground black pepper, to taste
- 6 sprigs fresh thyme
- 1 bay leaf
- 1 star anise
- 4 garlic cloves, peeled, sliced
- 1 shallot, peeled, sliced
- 500ml/17½fl oz duck fat, melted

Preparation method

- Sprinkle one tablespoon of the sea salt in a casserole dish and lay the duck legs over, skin side up.
- Place the remaining salt along with the freshly ground black pepper, thyme, bay leaf and star anise into a mortar and pound with a pestle to a rough mixture. Rub this mixture over the duck legs and top with the garlic and shallot slices.
- Cover the dish with cling film and leave to cure in the fridge for at least 24 hours.
- After 24 hours, gently brush off the mixture from the duck legs and discard.
- Preheat the oven to 110C
- Place the duck legs into a clean casserole dish and pour over the duck fat. Cook in the oven for three/four hours, or until the duck is very tender. Remove from the oven and leave to cool in the fat.

Before serving: roast in an oven at 180 C for about 15 minutes