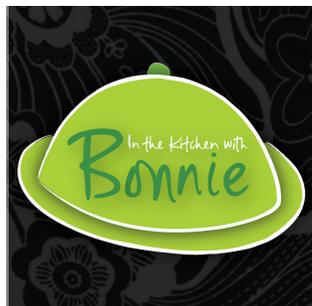


# Duck Confit

*with Olives, Onions & Herbs and a Potato Cake*



## INGREDIENTS

### *For the Confit:*

- 1 whole duck, about 3 lbs
- 1 cup coarse salt
- 1 tablespoon freshly ground black pepper
- 1 tablespoon fresh thyme leaves
- 1 tablespoon crushed rosemary
- 1 fresh bay leaf, torn into several pieces
- 15 garlic cloves, peeled
- 10 cloves
- 2 gallons rendered duck fat

## DIRECTIONS

### *For the Confit:*

Remove the duck from its wrapper. Take out the neck and innards.

Rinse the whole duck under cold running water; wash the neck and innards as well if you like to eat them. Pat dry.

Combine the salt, pepper, thyme, rosemary, bay leaf in a large mixing bowl. Take the duck and sprinkle mixture all over. Place the duck in the bowl, making sure there is a thin layer of salt on the bottom and let the rest of the salt mixture cover the duck. Tuck in the neck and innards in the salt mixture with the duck.

Pierce the garlic with the cloves and bury them in the salt around the duck. Cover the bowl and refrigerate for 24 hours.

Remove the duck from the refrigerator and wipe off the herb and salt mixture with a damp towel. Reserve the garlic with the cloves.

Melt the rendered duck fat in a large, heavy casserole or dutch oven pot over medium heat. When the fat is warm but not hot, add the whole duck, making sure the duck is completely covered in duck fat. Add the garlic cloves studded with cloves.

Place in a 300 degree oven and cook slowly for 1½ to 2 hours or until the meat is tender and can be easily pierced.

Drain the duck, and place it on a rack, uncovered, in the refrigerator for 5 to 6 hours, or even better, overnight. The skin should be somewhat dry at this point. (The drier the skin, the crisper it will be after cooking). Pass the duck fat through a very fine sieve and return to original container. Cool and keep refrigerated and use for sautéing.

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specialty of:  
Executive Chef Debbie Gold

### **The American Restaurant**

200 East 25th Street  
Kansas City, MO 64108

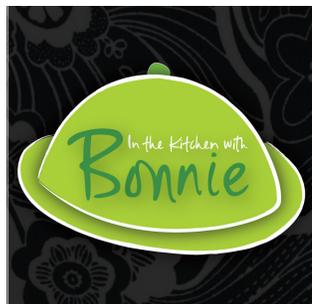
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# Duck Confit

*with Olives, Onions & Herbs and a Potato Cake*



## INGREDIENTS

### *For the Roast:*

- 3 large Spanish onions, peeled and quartered
- 2 heads garlic, cut in half across the cloves
- 3 sprigs fresh thyme
- 2 cups Mediterranean olives, drained
- 1 bay leaf
- 1 spoonful duck fat

### *For the Crispy Duck Fat Potato Cakes:*

- 2 Russet potatoes, peeled
- Salt
- Freshly ground black pepper
- Rendered duck fat

## DIRECTIONS

### *For the Roast:*

Heat a heavy casserole or dutch oven over medium heat. Melt duck fat and add onions, garlic, herbs and olives. Sautee for 3 minutes. Place the duck the bed of onions and roast it in a 425-degree oven for 20 minutes, or until nicely browned and crisp all over.

### *For the Crispy Duck Fat Potato Cakes:*

Grate the potatoes using the biggest whole grate on a box grater into a mixing bowl. Season with salt and pepper. Gently mix.

Heat enough duck fat to measure about 1/2 inch deep in a large, heavy skillet. Form the grated potatoes into 6 cakes. Be careful placing potato in pan as moisture will make the fat pop. Add as many cakes as will comfortably fit without crowding. Flatten them slightly after you put them in the pan. Cook the cakes until browned and crispy on both sides, turning once.

Remove cakes and blot on paper towels. Sprinkle with a bit more salt.

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