

RECIPE: DUCK CONFIT

DAIRY

Butter, 1 oz. (Duck Confit)

SPICES & SEASONINGS

Kosher salt, to taste (Duck Confit)

Bay leaves, 2 (Duck Confit)

Black pepper (cracked), 0.08 oz. (Duck Confit)

White pepper, 1 dash (Lentil Cassoulet)

VEGETABLES

Carrot, 1 (Lentil Cassoulet)

Garlic, 2.43 oz (Duck Confit)

Onion, 1 (Lentil Cassoulet)

Fresh parsley, 0.54 oz. (Duck Confit)

Fresh thyme, 2 Sprigs (Duck Confit)

WINE

Red wine, 16 fl oz. (Lentil Cassoulet)

MISCELLANEOUS

Duck Fat or Manteca, 1 lb. (Duck Confit)

Whole Muscovy Duck Legs, 4 (Duck Confit)

Le Puy Lentils, 2 cup (Lentil Cassoulet)