



## Duck Confit with Vanilla Pink Lady® Apple Chutney, Dried Fruit Salad, Mange tout & Orange Jus

Serves 1-3 hours



Created by:  
Reuben's

### Ingredients:

- ♥ 4 duck legs
- ♥ 2 tablespoons sea salt
- ♥ 1 bay leaf
- ♥ 3L duck fat
- ♥ 1 tablespoon black pepper
- ♥ 4 sprigs thyme

#### Apple chutney

- ♥ 1kg Pink Lady® apples, peeled and chopped
- ♥ 200ml cider vinegar
- ♥ 400g caster sugar
- ♥ 3 medium onions, finely sliced
- ♥ 1 vanilla pod, split and deseeded
- ♥ Pinch of salt

#### Orange Jus

- ♥ 6 oranges, peeled, sliced into chunks
- ♥ ½ cup palm sugar
- ♥ ½ cup rice wine vinegar
- ♥ 1 star anise

### Method:

#### DUCK CONFIT

1. Mix together the salt, bay leaf and black pepper and thyme in a food processor until well combined.
2. Rub this mixture into the duck legs and allow to cure for 4 hours.
3. Shake of the excess salt mixture, heat 1/2 cup of duck fat and fry the duck legs until golden brown. Add the rest of the fat plus the frying fat into a wide, thick bottom pot and put the duck legs into the fat, make sure they are completely under the fat.
4. Cook on a very low temperature, making sure the legs does not fry, but slowly boils.
5. After 1 hour remove the legs from the fat and cool.

#### APPLE CHUTNEY

1. Place all the ingredients into a saucepot. Reduce down until it starts to thicken and starts to caramelize.
2. Cool down and store in sealed jars.

#### ORANGE JUS

1. Put all the ingredients into a pot and cook for 15 minutes, strain and cook more until the sauce starts to thicken.

#### To serve

1. Crisp the duck again in some duck fat and place in an oven to heat through.
2. Place onto a hot plate with the apple chutney, some steamed mange tout, pommes puree, orange sauce and a salad of mixed dried fruit, lettuce, coriander dressed with olive oil.