



# Confit Duck with Roasted Fennel and Potatoes

Gaggenau Appliances: EB/BO/BX/BOP Ovens

Heating Mode(s): Roaster function

Temperatures: 375°F / 300°F / 425°F

Required Accessories: Heating Element + Pull-out System + Gastronorm Roaster

Preparation Time: 20 minutes

Preparation Time: 5 hours, including 3 hours cooking and 2 hours standing time

Makes: 6 servings

## Cooking tips:

This recipe uses the Gastronorm Roaster for all the recipe steps. First both the base and the lid are used to confit the duck, then the lid is used to roast the potatoes and fennel and finally to sear the duck legs for serving. The potatoes and fennel will cook in approximately 25 minutes and can be kept warm in a serving bowl while the confit duck is quickly seared for approximately 6 - 8 minutes.

## For the confit duck:

- 4 cups (1 L) duck fat, room temperature
- 2 bay leaves
- 4 sprigs fresh thyme
- 2 tsp (10 ml) black peppercorns
- 2 tsp (10 ml) juniper berries
- 4 whole cloves garlic, peeled
- 6 skin-on, whole bone in duck legs

**To confit the duck:** Insert the Heating Element into the receptacle in the rear of the oven. Insert the Pull-out-System onto the bottom rails of the oven. Place the metal support for the Gastronorm Roaster onto the Pull-out System. Using the left control knob, set the oven to **Roaster** function mode. Using the right control knob, set the oven to preheat to 375°F. Place a ¼ cup of duck fat, the seasonings, garlic and duck legs in the Gastronorm Roaster. Place the Gastronorm Roaster on the metal support in the Pull-out System and cook for 10 - 15 minutes until the duck legs have rendered their fat. Using the right control knob, reduce the oven temperature to 300°F and carefully pull the Gastronorm Roaster forward and add the remaining duck fat. Place the lid on the Gastronorm Roaster and cook the confit for 3 hours until the duck is tender and falling off the bone.

Remove Gastronorm Roaster from the oven, remove the lid and cool duck legs completely in the fat at room temperature. Reserve ⅓ of a cup of the duck fat for roasting the potatoes and searing the duck. The remaining duck fat can be strained, cooled, refrigerated or frozen for future use.

## For the roasted fennel and potatoes:

- 1 ½ lbs (675 g) fingerling potatoes, scrubbed and halved lengthwise
- 1 fennel bulb, trimmed and sliced lengthwise
- ½ tsp (2 ml) dried herbs de Provence
- ½ tsp (2 ml) Kosher salt
- ½ tsp (2 ml) freshly ground black pepper
- ¼ cup (60 ml) rendered duck fat

**To roast fennel and potatoes:** Using the left control knob, set the oven to **Roaster** function mode. Using the right control knob, set the oven to preheat to 425°F. Combine all the ingredients in the Gastronorm Roaster lid and spread out in an even layer. Place the lid onto the metal support in the oven and cook for 20 - 25 minutes until the potatoes are golden and the fennel slightly caramelized. Remove the Gastronorm lid from the oven and scoop the vegetables into a bowl to keep warm while you sear the duck legs.

**To roast the duck legs:** Place the reserved duck fat in the Gastronorm Roaster lid and arrange the duck legs skin-side down in an even layer. Place the lid into the metal support and close the oven door. Press the **Boost >>** symbol on the right side of the control panel twice in succession and roast the duck legs for 6 - 8 minutes until they are golden and crispy. Remove the Gastronorm Roaster from the oven and set aside to cool.

**Tip:** While the duck is searing, the potatoes and fennel can be tossed with some salad of arugula, radicchio and frisee with an olive oil, Dijon vinaigrette.