

Confit Cooking Method

This playbook details the confit cooking method, traditionally used to cook and preserve duck, chicken, and vegetables in fat. It outlines the basic steps required to prepare a confit at home, including seasoning, cooking, and storing.

Step 1: **Preparation**

Select and trim the meat or vegetables you plan to confit. For meats, use cuts like duck or chicken legs. For vegetables, root vegetables work best. Clean and dry them thoroughly.

Step 2: **Seasoning**

Generously season your chosen meat or vegetables with salt, herbs, and spices. If it's meat, let it cure in the refrigerator for 2 to 24 hours; vegetables can be seasoned just before cooking.

Step 3: **Submerging**

Submerge the meat or vegetables completely in a cooking fat like duck fat, lard, or oil. Ensure they are well-coated and no parts are exposed to the air.

Step 4: **Slow Cooking**

Cook the meat or vegetables in an oven at a low temperature, around 200°F (93°C), for a few hours until they're tender. The exact time will vary based on what you're confiting.

Step 5: **Cooling**

Once cooked to the desired tenderness, allow the confit to cool in the fat. This helps to preserve it.

Step 6: **Storing**

Transfer the cooled meat or vegetables, along with the fat, to a storage container. Cover with the fat to create a seal that prevents exposure to air, and then refrigerate. The confit can be stored for an extended period.

Step 7: **Serving**

To serve, gently reheat the confit portion in an oven or on the stovetop until warmed through. Crisp the skin of meats if desired by increasing the heat at the end of reheating.

General Notes

Curing Time

The curing time for meats in the seasoning step is crucial for flavor development and can vary depending on personal preference and recipe guidelines.

Fat Selection

The type of fat used is important for flavor and can vary depending on the meat or vegetable being confited. Traditionally, duck fat is used for duck and chicken.