

Duck Leg Confit, Creamy Mashed Potato & Asparagus



Based on Bunge FarmOrigin First Pressed Sunflower Oil (for 2 Portions)

Ingredients	Weight, g
Duck Leg Confit	
Duck Leg, Cleaned	500 (2 pcs)
Rosemary, Dried	5
Thyme, Dried	5
Salt	15
Water	1500
Bunge FarmOrigin First Pressed Sunflower Oil	750 (or enough to fully submerge the duck legs)
Creamy Mashed Potato	
Potato	400
Salt	To taste
White Pepper, Ground	To taste
Butter, Unsalted, Softened	100
Sauce	
Butter, Unsalted	15
All-purpose flour	15
Chicken Cube/ Chicken Seasoning Powder	10
Water	250
Dark Soy Sauce	2
White Pepper, Ground	To taste
Asparagus	
Asparagus, Trimmed	350
Bunge FarmOrigin First Pressed Sunflower Oil	15
Garlic, Peeled & Sliced	8 (3 cloves)
Salt	To taste

Method:

Duck Leg Confit

1. In a bowl, melt the salt into the water, add in the rosemary and thyme.
2. Submerge the duck legs into the brine and marinate for a minimum of 12 hours in fridge.
3. Drain the brine and dry the duck legs as much as possible with paper towels.
4. Heat the oil using low to medium heat, once the oil is warm but not hot, fully submerge the duck legs into the oil and confit the duck legs for 2 hours.
5. Throughout the confit process, there should be minimal bubbling by controlling the heat. If too much bubbling, this indicates that the oil is too hot, adjust the heat and bring the oil to a lower temperature and continue with the process.
6. After 2 hours, drain the duck legs to get rid of excess oil.
7. Before serving, heat the duck legs in the oven or air fryer with skin side up until the skin become crispy.

Creamy Mashed Potato

1. Boil the potato with skin on in salted water until a small knife can be easily inserted into the middle of the potato.
 2. Peel the potato and mash inside the pot using a spoon to as smooth as possible.
 3. Add in salt and ground white pepper, mix well.
 4. Before serving, put the pot onto low heat, add in the softened butter little by little while stirring well to avoid burn at the bottom.
- **Avoid using high heat as this will cause the butter to separate from the mashed potato.**

Sauce

1. In a sauce pan, using medium heat, melt the butter.
2. Add in the flour, mix well and cook to a light brown color.
3. Add in chicken cube/ chicken seasoning powder and mix well until dissolved.
4. Add 1/5 of the water, mix well until a smooth consistency is achieved. Repeat this step until all the water is fully incorporated.
5. Add in the dark soy sauce to adjust the color and season with ground white pepper.
6. Before serving, reheat the sauce using low heat.

Asparagus

1. Heat the oil in frying pan using high heat.
2. Sauté the sliced garlic until softened.
3. Add in the asparagus and salt, sauté until an al-dente mouthfeel.
4. Ready to serve.

****Filter the Bunge FarmOrigin First Pressed Sunflower Oil used for the confit process before storage. Cover the container as tightly as possible and store at dry, clean, cool and dark (away from direct sunlight) place. The oil can be used for the next confit process and other purposes such as stir frying, pan frying, salad dressing and etc., provided no rancidity detected before use.**