



Mixed Greens with Duck Confit and Roasted Garlic Dressing

4 to 6 Servings

For the duck confit, have ready:
2½ to 3 pounds skin-on duck legs

Combine in a small bowl:
1½ tablespoons table salt
or 3 tablespoons Diamond kosher salt
1 tablespoon black pepper

Rub the mixture evenly over the duck legs.
Place them in a bowl or container, cover tightly,
and refrigerate for 1 to 2 days.

Preheat the oven to 250°F.

Combine in a Dutch oven:
4 cups duck fat, lard, olive oil,
or a combination (about 1½ pounds)
2 shallots, sliced
6 garlic cloves, peeled
5 sprigs fresh thyme
2 strips lemon or orange zest,
removed with a vegetable peeler
2 whole cloves
1 bay leaf

Stir over low heat until the fat melts. Remove from the heat. Slip the duck legs into the fat. They should be completely submerged. If they are not, add more fat. Cover the pot and transfer to the oven. Cook until the meat is very tender, to the point of falling off the bone when prodded with a fork, 2 to 3 hours.

If not using right away, transfer the duck legs to a storage container, then strain the fat over them, making sure they are covered. Let cool to room temperature, then refrigerate for up to a month.

Roasted Garlic Dressing

Preheat the oven to 400°F.

Place on a doubled piece of foil:
1 head garlic, top third cut off and loose skin removed.
2 shallots, loose skin removed

Drizzle with:
2 tablespoons olive oil
Wrap and seal tightly. Place on a baking sheet and roast for 1 hour. Remove the package from the oven, carefully open, and let cool. When cool enough to handle, squeeze the garlic and shallots from their skins into a small food processor or a blender.

Add and process to a puree:
2 tablespoons olive oil
1 tablespoon lemon juice
1 tablespoon white wine vinegar
1 teaspoon Dijon mustard
1 teaspoon fresh thyme leaves
1 teaspoon minced rosemary
Salt and black pepper to taste

With the machine running, add in a slow, steady stream, processing until smooth:
6 tablespoons olive oil
Taste and adjust the seasonings.
Use immediately, or cover and refrigerate for up to 5 days.

When ready to assemble the salad, warm the duck legs in their fat until they are easily removed. Adjust an oven rack so it is 6 to 8 inches from the heating element. Preheat the broiler. Transfer the legs to a rimmed baking sheet skin side up and broil, turning once, until the skin is crisp and the legs are heated through, 6 to 8 minutes. Alternatively, pan fry the legs skin side down in a skillet over medium

heat, turning once, 5 to 6 minutes or until crisp and heated through. Be careful when turning the meat, as it is very tender.

Toss together in a large bowl:
One 5-ounce container baby arugula
1 small head radicchio, shredded
1 small head frisée, broken apart
1 large carrot, peeled, and cut into matchsticks

Toss the greens with roasted garlic dressing to taste and divide among plates.

Sprinkle on top:
½ cup roasted hazelnuts, finely chopped

Break the duck apart into rough chunks or shreds and arrange atop the salads.

joy
of
cooking