



with Bernard's Help...

What is confit?

The word 'confit' comes from the French verb confire (to preserve), which in turn comes from the Latin word (conficere), meaning "to do, to produce, to make, to prepare." The French verb was first applied in medieval times to fruits cooked and preserved in sugar.

Confit is one of the great dishes in French cuisine, and with farmhouse origins it sits perfectly on our vineyard restaurant and bistro menus.

How to confit?

It follows a process of salting meats, such as duck, rabbit, chicken and pork and slowly cooking them in pure duck fat with aromatics until the meat is tender. The meat is then stored in a sterile container, covered by the fat, for later use.

Following similar principles we also confit fresh trout pieces, but instead of fat we use pure olive oil, and cook the fish at a lower temperature - 50deg - until medium.

Currently our menus feature confit duck in the cassoulet and confit trout in the trout 2-ways dish.

Confit Duck

4 duck legs
100gms rock salt
6 sprigs thyme
2 garlic cloves sliced
1 tsp white peppercorns
1.5 ltr duck fat

1. Rub salt mixture into ducks and leave overnight covered in the fridge.
2. Remove the legs from the salt and wash under cold water, pat dry with paper towel.
3. Place duck fat in a non aluminium dish and slowly heat.
4. Add duck legs, cover with foil
5. Place in the oven - 110deg for 1 1/2 - 2 hrs.
6. Let cool, serve hot with a favourite vegetable, and sauce (the crispier the skin, the better)
7. Enjoy with a glass of Willow Creek Vineyard Tulum Pinot Noir.