

Duck Rillettes

Savannah · 30/09/2024



Prep Time

1 day 13 hrs

Difficult

Medium

Servings

1 day 19 hrs 5 mins

Description

Making duck rillettes is one of the most amazing culinary magic tricks of all time. Even though most of the spread is made up of fairly lean duck meat by emulsifying it in a little butter, duck fat, and duck gelatin, you'll swear the final product has the fat content of the finest foie gras torchon. By the way, I miss foie gras torchon.

Ingredients

- 1 ½ tablespoons kosher salt - 2 teaspoons ground black pepper
- or more to taste - 2 teaspoons dried thyme - 12 cloves garlic - 1 bunch fresh thyme sprigs - 1 orange
- zested into thin strips - 6 (1/4-inch-thick) slices fresh ginger - 3 bay leaves - 1 whole duck - 2 tablespoons unsalted butter
- softened - 1 tablespoon brandy (such as Armagnac) - 2 teaspoons chopped fresh parsley - 1 teaspoon chopped fresh chives - 1/2 teaspoon Dijon mustard - 1 pinch cayenne pepper - salt and ground black pepper to taste - 1/2 teaspoon grated orange zest - 2 teaspoons fresh thyme leaves
- or to taste

Instructions

1. Preheat the oven to 250 degrees F (120 degrees C). Line a 9x13-baking dish with two pieces of aluminum foil. Make the spice rub: Stir kosher salt
2. pepper
3. and thyme together in a small bowl. Make the seasoning mix: Mix garlic
4. thyme sprigs
5. garlic
6. ginger
7. and bay leaves together in another bowl. Season duck all over
8. both inside and out
9. with about 2/3 of the spice rub. Fill the cavity with all of the seasoning mix. Place duck
10. breast-side up
11. into the prepared baking dish and season with remaining spice rub. Wrap duck tightly in aluminum foil. Roast in the preheated oven until meat pulls away from the bones
12. 5 to 6 hours. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Cool duck with its accumulated juices
13. wrapped in aluminum foil
14. to room temperature
15. about 1 hour. Chill in the refrigerator for 12 hours. Pick meat from the bones and place into a bowl. Spoon all accumulated juices in the foil into a saucepan and set over medium-high heat. Cook until hot throughout
16. about 5 minutes. Strain juices through a fine-mesh strainer into a bowl. Let fat and stock separate
17. then transfer fat from the top to another bowl. Mash duck meat
18. 3 tablespoons duck fat
19. 2 tablespoons duck stock
20. butter
21. brandy
22. parsley
23. chives
24. Dijon mustard
25. cayenne pepper
26. salt
27. and black pepper together in a bowl with a wooden spoon. Transfer to to a sealable container
28. press down
29. and drizzle a little duck fat over the top. Sprinkle thyme leaves
30. more black pepper
31. and orange zest over the top. Seal the container and refrigerate for the flavors to blend
32. 1 to 3 days.