

Duck Confit with Treviso and Winter Fruit

~

2007 Showket Proprietary Red

4 duck legs
2 tsp. kosher salt
30 grinds fresh black pepper
1 Tbsp. fennel seed, crushed
4 bay leaves, crushed
6 cups duck fat
4 cups fresh cranberries
½ cup brown sugar
1 cup cranberry juice
zest and juice of 1 orange
½ cup pomegranate seeds
½ cup diced fuji apple
½ cup diced ripe Bartlett pear
½ cup diced dried apricot
fresh lemons for juice, cut in half
1 head Treviso (or radicchio)

Two days before you plan to eat this meal, season the duck legs all over with the four spices. Cover and let sit overnight in the refrigerator. The next morning, rinse the legs, pat them dry, and leave them to sit for an hour, still covered but not refrigerated.

Preheat a conventional oven to 275 degrees. In a large heavy casserole or pot, bring the duck fat to 200 degrees. Place the legs inside, skin side up in a single layer; make sure they are submerged (if they're not, switch to a smaller pot). Let the fat return to 200, cover the pot, and place in the oven for five to six hours, or until the thigh bone can be removed with no resistance. Let the duck cool in the fat.

While the duck is cooking, combine with cranberries, sugar, juices, and zest in a small saucepot and simmer hard over medium low heat, stirring often, until the sauce is thickened. Season to taste with salt; move to a plastic container and cool to room temperature.

Toss the diced pears and apples with a little lemon juice to prevent oxidation. Remove the duck from the fat. Heat a large sauté pan over medium-high heat and add enough of the duck fat to cover the pan to a depth of nearly a quarter inch. Quarter the Treviso along its longer axes and slice the quarter as thinly as possible, disregarding the core. Place the Treviso in a large mixing bowl and dress with lemon juice, oil, salt and pepper; add the pears, apples, and apricots and season to taste.

Sear the duck on its skin side **only** until nicely browned and crisped. Smear 2-3 tablespoons of the cranberry sauce on the bottom of 4 room temperature plates, then a pile of the Treviso and fruit salad off to one side. Remove the hot duck legs from the pan, and prop one up on each pile of salad.

Chef's tip: Save the duck fat for tomorrow morning's hash browns.