



DUCK CONFIT

with coco bean and mushroom ragout.

This is comfort food at its best.

2 confit Duck Legs
10ml canola oil

Preheat your oven to 400°F (205°C) – In a non-stick sauté pan on medium-high heat, heat canola oil. Place duck, skin side down, in the pan and then into the oven for 8 to 10 minutes until golden brown and crispy. You can either serve whole or pick the meat from the bone – it should fall off fairly easily.

COCO BEAN AND MUSHROOM RAGÔUT

2 tbsp butter
2 cups mixed mushrooms
¼ medium onion, chopped
2 cloves garlic, minced
1 sprig fresh thyme
1 bay leaf
¼ cup white wine
1 cup chicken stock
2 cups cooked coco beans

In a sauté pan on medium-high heat, melt butter. Add mushrooms and sauté for about 5 minutes, until brown on one side. Add onions, garlic, thyme, and bay leaf and sauté for about 2 minutes, until all liquid is absorbed. Deglaze with white wine and chicken stock. Add coco beans and bring to a simmer for 5 minutes. Remove herbs before serving.

Plate the beans and mushrooms in the middle of your plate or bowl. Either slice the meat or place the whole leg on top of the ragout.