



# DUCK CONFIT



## PRESENTATION

A canned speciality, inspired from the region of Gascogne. The duck meat is cooked for over an hour in hot fat, then tinned and covered with fat, so it won't be exposed to the air and damaged, but will preserve all its taste and the tenderness of the meat. Traditionnally with sautéed potatoes on the side, the duck confit is a popular meal that could only but seduce everyone and invite on a journey to south west France's gastronomy. Easy and quick to cook, it pairs perfectly with marrows, sweet potatoes, dried apricots, prunes, honey, nuts, hazelnuts and warm goat cheese.

## NUTRITION FACTS

for 100 g

Protein	30,7 g
Carbohydrates	0 g
Fat	10,5 g
Calories	217 kcal

## INGREDIENTS

Duck leg 46%, duck fat.

## COOKING ADVICE

*Pour the content in a pan,  
let the fat melt over a low heat.  
Serve hot.*

## AVAILABLE IN

840 g and 2 kg.

