

garde
manger



Contents

Preface xviii

- 1 The Professional Garde Manger 1
- 2 Cold Sauces and Cold Soups 14
- 3 Salads 76
- 4 Sandwiches 146
- 5 Cured and Smoked Foods 188
- 6 Sausage 234
- 7 Terrines, Pâtés, Galantines, and Roulades 296
- 8 Cheese 356
- 9 Appetizers and Hors d'oeuvre 392
- 10 Condiments, Crackers, and Pickles 514
- 11 Buffet Presentation 550
- 12 Basic Recipes 584

Glossary 616

Bibliography and Recommended Reading 632

Recipe Index 000

Subject Index 000

Duck Confit

YIELD: 3 lb / 1.36 kg

5 to 6 lb / 2.27 to 2.72 kg Moulard duck legs

1 tsp / 2 g ground thyme

CONFIT CURE MIX

2 garlic cloves, minced (optional)

2 to 3 oz / 57 to 85 g kosher salt

10 black peppercorns

2 oz / 57 g light brown sugar

72 fl oz / 1.92 L duck fat

1 tbsp / 3 g Quatre Epices (page 588)

1. Disjoint the duck and trim the excess fat from the legs. Reserve any trim for stock or a similar use (see Fig 5-11a).
2. Combine the cure mix ingredients; rub the duck pieces well with the cure mixture.
3. Place the duck in a stainless-steel pan, cover, and press with a weight. Refrigerate the duck for 1 to 2 days to cure.
4. On the third day, rinse any remaining cure from duck pieces and blot dry (see Fig 5-11b).
5. Bring the duck fat to a simmer; add the duck pieces and simmer for 3 hours, or until fork tender (see Fig 5-11c).
6. Allow the duck confit to cool to room temperature in the duck fat. Cover the duck and refrigerate in the fat. Remove it from the fat as needed and use as directed in other recipes (see Fig 5-11d).

***Chef's note** The duck fat for this recipe can be the fat reserved from ducks, including the fatty skin, or you can purchase duck fat. Be sure to properly strain the duck fat so that it can be reused to make a second batch of confit.*



FIG 5-11A *Trim the excess fat from the duck leg and reserve it for later use.*



FIG 5-11B *Once the duck has cured under refrigeration, rinse off the excess cure and blot the leg dry.*



FIG 5-11C *The leg is finished simmering when it is fork tender when tested.*



FIG 5-11D *Cool and store the finished legs in the fat they were simmered in until ready for use.*