



# UCOOK

## Classic Duck Confit & Polenta

with green beans & a rosemary-infused sauce

This dish is the ultimate indulgence. The duck confit is tender & rich, and sided with silky, creamy polenta. Add to that pan-fried garlicky green beans and a drizzle of rosemary & sultana sauce. We added a sprinkling of toasted almonds, not that this recipe needed any more elevating!

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**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

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**Serves:** 4 People

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**Chef:** Megan Bure

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 Adventurous Foodie

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 Waterford Estate | Waterford Grenache Noir

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## Ingredients & Prep

4	Free-range Confit Duck Legs
40g	Almonds
320g	Green Beans <i>rinsed &amp; trimmed</i>
2	Garlic Cloves <i>peeled &amp; grated</i>
300ml	Polenta
20ml	Cake Flour
20ml	Chicken Stock
10g	Fresh Rosemary <i>rinsed, picked &amp; roughly chopped</i>
40g	Golden Sultanas <i>roughly chopped</i>
100ml	Grated Italian-style Hard Cheese
125ml	Crème Fraîche

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Butter

**1. CONFIT ROAST** Preheat the oven to 180°C. Place the duck legs in a roasting dish, along with all the fat from the packaging. Roast in the hot oven until warmed through, 20-25 minutes.

**2. TOASTED NUTS** Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. GARLICKY GREENS** Return the pan to medium-high heat with a drizzle of oil. When hot, add the trimmed green beans and fry until starting to char, 6-7 minutes (shifting occasionally). In the final minute, add the grated garlic. Remove from the pan, season, and cover.

**4. PREP THE POLENTA** Boil the kettle. Bring a pot with 1.4L of water to a boil for the polenta.

**5. ROSEMARY SAUCE** Return the pan to medium heat with 40g of butter. Once melted, vigorously whisk in the flour to form a roux. Cook out for 1-2 minutes (stirring constantly). Slowly whisk in 400ml of boiling water, the stock, the chopped rosemary (to taste), and the chopped sultanas. Stir until combined and slightly thickened, 1-3 minutes. If the sauce is too thick for your liking, add an extra splash of water. Season and cover.

**6. CREAMY & DREAMY** When the pot of water is boiling, add 1 tbsp of salt to the pot. Slowly whisk in the polenta until there are no lumps. Reduce the heat and cook until the polenta is soft and creamy, 8-10 minutes (whisking often). Remove from the heat and add a knob of butter, the grated cheese, the crème fraîche, and seasoning. Loosen with a splash of warm water, if necessary.

**7. SERVICE, PLEASE!** Plate up the confit duck and drizzle over the rosemary sauce. Side with the creamy polenta and the garlic green beans. Finish with a garnish of the toasted almonds. Delicious, Chef!

## Nutritional Information

Per 100g

Energy	1410kJ
Energy	337kcal
Protein	8.6g
Carbs	19g
of which sugars	3.6g
Fibre	2g
Fat	25.1g
of which saturated	9.8g
Sodium	969mg

## Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Tree Nuts

Cook  
within  
4 Days