



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!

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Megan Bure

 Adventurous Foodie

 Waterford Estate | Waterford Grenache Noir

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

1	Free-range Confit Duck Leg
10g	Almonds
80g	Green Beans <i>rinsed & trimmed</i>
1	Garlic Clove <i>peeled & grated</i>
75ml	Polenta
5ml	Cake Flour
5ml	Chicken Stock
3g	Fresh Rosemary <i>rinsed, picked & roughly chopped</i>
10g	Golden Sultanas <i>roughly chopped</i>
25ml	Grated Italian-style Hard Cheese
30ml	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 leg 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, 4-5 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 350ml of water to a boil for the polenta.

5. ROSEMARY SAUCE Return the pan to medium heat with 10g of butter. Once melted, vigorously whisk in the flour to form a roux. Cook out for 1-2 minutes (stirring constantly). Slowly whisk in 100ml 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 ½ a tsp 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, 5-8 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