

Duck Confit Risotto

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Risotto al Duck Confit

Crispy duck confit, duck fat, duck stock, Madeira-this is a serious, decadent risotto that duck lovers should find irresistible. The best part, if not the duck meat, is the rice, which tastes like duck.

As I am wont to do, I have included green peas in this risotto. I think peas are a great input, both to the eye and palate, but feel free to substitute. A simple mushroom, such as crimini, would work.

Risotto al Duck Confit

As duck confit is salted, be conservative in adding salt to this recipe.

Makes 4 servings.

2 tablespoons plus 1 tablespoon duck fat
3 shallots, diced
1 rib celery, diced
1 cup Carnaroli rice
1/2 cup Madeira wine
1 tablespoon leaves plus 4 sprigs to garnish thyme
about 4 cups duck stock (recipe)
3 legs crispy duck confit (recipe)
3/4 cup frozen green peas, thawed and drained
2 tablespoons Italian parsley, chopped
gray salt, to taste
freshly-ground black pepper

Crispy Duck Confit

Prepare the crispy duck confit per that recipe. Reserve the rendered duck fat, and use for this recipe. Once the meat is cool enough to handle, remove the meat with a knife and fork. Discard any large pieces of fat. Keep the skin, so long as it is nice and crispy. Cut the meat and skin into bite size but large pieces. Set aside.

Heat a large saute pan over medium heat. Add 2 tablespoons of the duck fat. Once melted and hot, add the shallot and celery. Season with black pepper. Lightly season with gray salt. Saute, stirring occasionally, until soft, about 4 minutes.

Add the Carnaroli rice. Toast, stirring often, until starting to turn color, about 90 seconds.

Add the Madeira wine, scrapping the bottom of the pan to deglaze. Cook, stirring often, until the Madeira is all but gone.

Add the thyme leaves. Add a ladle of the duck stock stock to the pan, just enough to cover the rice. Stir frequently, until the stock is all but completely gone. Continue, a ladle at a time, until the risotto is cooked, slightly al dente, and creamy. This should take about 30 minutes and use approximately all of the stock.

Adding the crispy duck confit meat and skin