



Instant Pot Duck Confit

Active Time: 20 minutes | **Total Time:** 48 hours | **Serves:** 8

Nutrition Information Per Serving

278 calories, 0.7 g carbohydrate, 0.13 g fiber, 0.57 g NET carbs, 30.49 g protein, 16.21 g fat

Ingredients

- 4 whole(s) pastured duck legs
- 2 Tbsp(s) pastured duck fat
- 1/2 tsp(s) allspice
- 4 clove(s) garlic, minced
- 4 sprig(s) fresh thyme
- 1 Tbsp sea salt

Preparation

1. In a small bowl, combine the salt, thyme, garlic, bay leaves and allspice.
2. Pat duck legs dry and rub with spice mix. Place in a large zip-top bag and refrigerate at least 12 hours, and up to 3 days.
3. Brush the garlic and spice pieces off the legs and reserve. Add duck fat to Instant Pot and turn to Saute. When oil shimmers add legs, large side down.
4. Sear 5 minutes to golden; flip and sear another 5 minutes.
5. Add reserved herbs and garlic back, sprinkling over legs.
6. Cover and lock the lid. Set pressure to HIGH and time to 40 minutes. When time is up do a quick release.
7. Reserve the duck fat and stock that rendered during cooking.
8. Prior to serving, broil duck legs until skin is crispy, about 3 minutes.
9. Serve.

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