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Most foods can be improved with a little bit of oil, but confiting takes things a step further. By gently poaching fish, meat or vegetables in oil (or animal fat) slowly over a low heat they become rich, meltingly tender and (as you can probably guess) incredibly tasty. Its a traditional French cooking method, and originally referred to anything preserved
by slowly cooking it in any liquid; fruits, for example, would be confited in sugar syrup. Nowadays, however, it tends to refer to food thats been slow-cooked in fat and not necessarily aged or stored. The most well-known confit dishes are duck and goose legs, which are cured in salt before being cooked in rendered down duck or goose fat. The
resulting meat falls off the bone and is rich enough to stand up to other powerful, robust flavours. Confit egg yolks are becoming more and more common on restaurant menus, too, and fish (both oily and white) also suit this style of cooking very well. "Can you please explain the process of confit? I know the classic is duck, but there must be other
foods that use this technique. I am kind of hiding in shame just not getting it when reading instructions for this. Thanks!" Sent by finsbigfan I understand the confusion. Cover your meat in oil and cook it? Isn't that like, deep-fat frying? Doesn't the meat dry out or turn greasy? The process of confit differs from deep frying in one key way: temperature.
While deep frying typically takes place at temperatures between 325 and 450F (165 and 230C), confit preparations are done much loweran oil temperature of around 200F (95C), sometimes even cooler. But before we jump there, what does the word mean, and where does it come from? The word confit (pronounced "kon-FEE") derives from the
French verb confire, which simply means to preserve food, whether it's meat, fruit, or vegetables. This preservation takes place by slowly cooking food in a liquid that is inhospitable to bacterial growth. With fruits, this is generally a very concentrated sugar syrup;* with meats and vegetables,
a pure fat. Once cooked, the food is then packed into containers and completely submerged in the liquid, creating an oxygen-free barrier and preventing any further bacterial growth. Since the just-cooked food is nearly sterile as it is submerged and is cut off from any potential bacterial contamination sources, it can be thusly stored for a very long
time indeed. Properly confit'ed duck legs, for instance, can last several weeks in a cool room, or several months in a refrigerator. Confit fruit can last for years. *Sugar syrups in low concentrations become increasingly more hostile. With certain foodsmost meatsthis storage phase is nearly
as important as the initial cooking phase as muscle and connective tissue slowly break down and tenderize. A well-matured piece of confit duck leg should nearly melt in your mouth, and this is largely the appeal of the cooking method. Serious Eats / Vicky Wasik While the method was originally created as a matter of necessitymeats needed to be
preserved in the days before refrigerationas with many such foods, the process lingers on as a matter of good taste. Originally, meats destined to turn into confitduck legs, goose, gizzards, kidneys, pork bellies, etc.would be cured overnight in a mixture of salt and aromatics, the salt further creating an inhospitable environment for bacteria. These
days, they're cured simply because, well, it tastes damn good. Another interesting modern-day twist is that the term "confit," originally a noun, is now used as a verb in modern English-speaking kitchens. "I'm going to confit this pork belly," or, "Let's serve those lambs' tongues confit'ed." You see confit on a menu? Chances are it has not been aged and
stored under its fat or syrup for more than a few days. Heck, it may have been cooked just that morning. So we come again to the question: If we're submerging something in fat and cooking it, how come the results are so different from deep-fat frying? With deep frying, the end-game is a crisp, crunchy surface, and the means to get there?
Dehydration. At high temperatures, water is very rapidly and forcefully expelled from surfaces due to evaporation. When you drop a battered cod fillet or a breaded chicken finger into hot oil, its water content quickly turns into steam, bubbling up and out of the oil. Meanwhile, the high heat triggers the Maillard reaction, a series of chemical reactions
that develops flavor and turns foods that delicious golden brown. Cooking times are measured in minutes or seconds, and as soon as the food is done, it's retrieved and served. Serious Eats / J. Kenji Lpez-Alt A confit, on the other hand, is a much cooler affair. Generally, cold or room temperature fat is poured over the item-to-be-confit'ed, then it's
placed in a relatively low-temperature oven, say, 250 to 275F (120 to 135C). During the course of cooking, the fat temperature will not rise much above 190 to 200F (88 to 94C)hot enough to break down tough connective tissue, but not hot enough to break down tough connective tissue, but not hot enough to break down tough connective tissue, but not hot enough to break down tough connective tissue, but not hot enough to break down tough connective tissue, but not hot enough to break down tough connective tissue, but not hot enough to break down tough connective tissue, but not hot enough to break down tough connective tissue, but not hot enough to break down tough connective tissue, but not hot enough to break down tough connective tissue, but not hot enough to break down tough connective tissue, but not hot enough to break down tough connective tissue, but not hot enough to break down tough connective tissue, but not hot enough to break down tough connective tissue, but not hot enough to break down tough connective tissue, but not hot enough to break down tough connective tissue, but not hot enough to break down tough connective tissue, but not hot enough to break down tough connective tissue, but not hot enough to break down tough connective tissue, but not hot enough to break down tough connective tissue, but not hot enough to break down tough to break down tough to b
flavor loss. Cooking times are measured in hours, rather than minutes. Confit is to deep frying what barbecue is to grilling. Low and slow versus fast and furious. While confit is most commonly seen with duck or goose legsit makes sense, considering it's a technique that stems from southwest Franceit's ideal for any number of meats that are suitable
for low and slow cooking. That is, any meat with a good deal of connective tissue that begs for tenderizing. Pork belly is wonderful cooked confit, particularly if you finish it with a deep fry to crisp the exterior (like finishing your slow-cooked ribs over the grill to give it a crust). Animal tongues of all makes are great. Mexican carnitas are essentially
confit'ed pieces of pork shoulder that have been shredded and crisped. Serious Eats / J. Kenji Lpez-Alt Even chicken wings can benefit from being cooked using the confit method, turning extra juicy and tender in the process. Cooking vegetables confit will achieve similar resultsultra-tender texture, concentrated flavorbut takes far less time. Alliums
(garlic, onions, and the like) make for a great confit condiment, and take about an hour to prepare, for instance. One common misperception many folks have about confit is that it is necessarily a fatty food. That food is submerged in fat for hours, so that fat must make its way inside, right? Not so. Indeed, the fat is largely a surface treatment for
muscles. While it is true that it may find its way between the larger muscle groups and will cover the entire piece of meat in a thin layer of fat, it will not penetrate very far into the meat itself. This is easy to see simply by cutting open a large muscle group and examining the inside. It looks virtually the same as meat cooked through any other low-and-
slow method, such as braising or steaming. The fat's true purpose in a confit is twofold: temperature regulation, and creating an environment inhospitable to bacterial growth if preservation is the goal. In Modernist Cuisine, Nathan Myhrvold et. al claim that using other controlled-temperature means of cooking can achieve results similar to confit.
Simply by steaming a piece of meat until tender and coating it in a thin layer of fat, for instance, you can get a product that is eaten immediately after cooking. I have not replicated this end result myself, but it seems quite logical to me. The term confit (pronounced kon-fee) often appears on
menus and in recipes, lending an air of sophistication and culinary expertise. But what exactly does it mean when something is confit? Beyond the French origins and elegant sound, confit refers to a specific preservation and cooking method that results in intensely flavored, succulent, and incredibly tender food. This article explores the history,
process, variations, and applications of confit, unraveling the secrets behind this time-honored technique. Understanding the Essence of ConfitAt its heart, confit is about preserving food by submerging it in fat, typically its own fat, and cooking it slowly at a low temperature. This process not only extends the shelf life of the food but also enhances its
flavor and texture. The slow cooking process breaks down connective tissues, resulting in a melt-in-your-mouth tenderness that is characteristic of confit. The key lies in the gentle cooking and the protective barrier of fat. The original purpose of confit was preservation. Before refrigeration, people needed ways to keep food edible for extended periods.
Confit provided a solution by creating an environment where bacteria couldnt thrive. The fat acts as a seal, preventing air and other contaminants from reaching the food. While preservation is still a benefit, modern confit is often made for the enhanced flavor and texture it imparts. The slow cooking in fat allows the food to develop a richness and
depth of flavor that is simply unattainable with other cooking methods. The History and Evolution of ConfitConfit has a rich history rooted in the pre-refrigeration era. Originating in southwestern France, particularly in Gascony, it was a vital technique for preserving meats, especially duck and goose, through the winter months. The Gascon
OriginsGascony, renowned for its culinary traditions, is widely considered the birthplace of confit. Farmers and families would be salted, seasoned, and then slowly cooked in its own rendered fat. This provided a valuable source of protein throughout
the colder seasons when fresh food was scarce. The rendered fat could also be reused for cooking other dishes, making it an incredibly efficient system. From Preservation to Culinary DelightOver time, confit evolved from a purely preservation to Culinary DelightOver time, confit evolved from a purely preservation to Culinary DelightOver time, confit evolved from a purely preservation to Culinary DelightOver time, confit evolved from a purely preservation to Culinary DelightOver time, confit evolved from a purely preservation to Culinary DelightOver time, confit evolved from a purely preservation to Culinary DelightOver time, confit evolved from a purely preservation to Culinary DelightOver time, confit evolved from a purely preservation to Culinary DelightOver time, confit evolved from a purely preservation to Culinary DelightOver time, confit evolved from a purely preservation to Culinary DelightOver time, confit evolved from a purely preservation to Culinary DelightOver time, confit evolved from a purely preservation to Culinary DelightOver time, confit evolved from a purely preservation to Culinary DelightOver time, confit evolved from a purely preservation to Culinary DelightOver time, confit evolved from a purely preservation to Culinary DelightOver time, confit evolved from the Culinary DelightOver time, 
food and began to incorporate it into more sophisticated dishes. The focus shifted from necessity to flavor enhancement. Today, confit is found in restaurants and home kitchens around the world, showcasing its versatility and enduring appeal. The Confit Process: A Step-by-Step GuideThe confit process, while seemingly simple, requires attention to
detail and patience. The fundamental steps remain consistent across various types of confit, although specific ingredients and cooking times may vary. Salting and Seasoning The first step is to salt draws out moisture, which helps to further preserve the food and intensify its flavor. The seasoning process often includes herbs,
spices, and aromatics that complement the main ingredient. Common additions include garlic, thyme, bay leaves, and peppercorns. Salting is critical for both flavor and preservation. Rendering the FatIf you are using an ingredient that naturally contains a lot of fat, like duck or goose, youll need to render that fat. This involves slowly cooking the meat
at a low temperature until the fat melts and separates from the meat. The rendered fat will then be used to submerge the food during the confit process. If the ingredient doesnt produce enough fat, you can supplement with other fats, such as duck fat, olive oil, or vegetable oil. Slow Cooking in FatThe next crucial step is to submerge the food
completely in the rendered fat and cook it slowly at a low temperature. The temperature should be low enough to gently poach the food without browning it excessively. The cooking time will vary depending on the ingredient and its size, but it typically ranges from a few hours to several days. The goal is to break down the connective tissues and
create a tender, flavorful result. Low and slow is the motto of confit. Storing and PreservingOnce the cooking process is complete, the confit can be stored in the rendered fat. Traditionally, the confit can be stored in the rendered fat. Traditionally, the confit was packed into jars or crocks and sealed with a layer of fat to prevent air exposure. Modern refrigeration has made storage easier, but the principle
remains the same. The confit should be stored in an airtight container in the refrigerator. When stored properly, confit can last for several weeks or even months. Variations of Confit: Beyond Duck and GooseWhile duck and goose confit are perhaps the most well-known examples, the confit technique can be applied to a wide range of ingredients. From
vegetables to fruits, the possibilities are endless. Vegetable Confit vegetables confit involves cooking vegetables that lend themselves well to confit
include tomatoes, onions, peppers, and artichokes. Vegetable confit, also known as candied fruit, involves slowly cooking fruit in sugar syrup until it becomes translucent and intensely flavored. This method is often used to preserve fruits such as citrus
peels, cherries, and ginger. Fruit confit can be used in baking, desserts, or as a garnish. Meat and Poultry ConfitIn addition to duck and goose, other meats and poultry can be cooked using this technique. The key is to choose cuts that benefit from slow cooking, such as shanks, thighs, or belly. The Art of
Using Confit in CookingConfit is a versatile ingredient that can be used in a variety of dishes. Its rich flavor and tender texture make it a valuable addition to both savory and sweet preparations. Savory Applications Confit can be used as a filling
biscotti, while candied ginger can be added to muffins and scones. Troubleshooting Common Confit IssuesWhile the cooking time was tocking time
short. Ensure that the temperature is low enough to gently poach the food, and extend the cooking time until the meat is fork-tender. Salty ConfitToo much salt can result in an overly salty confit in water or milk before using it to draw out some of the
TechniqueConfit, with its roots in preservation and its evolution into a culinary art form, stands as a testament to the ingenuity and resourcefulness of cooks throughout history. Its ability to transform simple ingredients into intensely flavorful and incredibly tender dishes continues to captivate chefs and home cooks alike. Whether youre preserving
seasonal produce or simply seeking to elevate your cooking, mastering the art of confit is a rewarding culinary endeavor. The slow, gentle cooking method; its a culinary tradition worth preserving and exploring. What is the fundamental principle
behind the confit method? Confit, at its core, is a method of preserving food by slowly cooking it in a fat, often its own. This slow cooking process not only tenderizes the food but also significantly reduces its water content, creating an environment inhospitable to microbial growth. The fat acts as a protective barrier, preventing air from reaching the
food and further inhibiting spoilage, thus extending its shelf life. Traditional confit involved immersing ingredients completely in rendered fat, historically for long-term storage without refrigeration. While preservation is still a benefit, modern applications of the confit method are often focused on achieving exceptional texture and flavor. The slow
cooking in fat imparts a rich, decadent taste and a melt-in-your-mouth tenderness that is highly prized in culinary circles. What types of foods are most commonly confited? Traditionally, duck and goose are among the most famous examples of confit, particularly in French cuisine. The legs are typically salted and cured before being submerged in
rendered fat and slowly cooked until incredibly tender. The resulting preserved duck or goose leg can then be stored for extended periods and reheated for a delicious and flavorful meal. However, the confit method is not limited to poultry. Vegetables like garlic, tomatoes, and peppers are also commonly confited, adding a concentrated sweetness and
unique texture to dishes. Even fruits can be confited, resulting in intensely flavored candied treats. The versatility of the confit method makes it applicable to a wide range of ingredients, offering opportunities for culinary experimentation. What role does salt play in the confit process? Salt is a critical component of the confit process, serving multiple
crucial functions. First and foremost, salt draws out moisture from the food, reducing the water activity and inhibiting bacterial growth. This is essential for preservation, as it creates an environment less conducive to spoilage. Additionally, salt helps to denature proteins, contributing to the tenderization of the food during the slow cooking process. It
also enhances the flavor of the ingredient being confited, drawing out its natural sweetness and creating a more complex and nuanced taste profile. Without salt, the confit process would be significantly less effective in both preserving and flavoring the food. How does confit differ from braising? While both confit and braising involve slow cooking in
liquid, the key difference lies in the type of liquid used and the cooking temperature. Confit utilizes fat, typically rendered animal fat, and involves very low temperatures, often below simmering point. This slow and gentle cooking ensures the food is tenderized and preserved in the fat. Braising, on the other hand, employs a liquid stock, wine, or other
 water-based medium. Braising also generally uses higher temperatures than confit, although still relatively low and slow. The purpose of braising liquid. Can confit be achieved without using animal fat? Yes, while traditional confit often
utilizes animal fat like duck or goose fat, it is possible to achieve a similar result using vegetable oils. Olive oil is a popular choice for vegetarian or vegan confit preparations, particularly for vegetables like garlic, tomatoes, and eggplant. The oil acts as both a cooking medium and a preservative, similar to animal fat. However, its important to note that
vegetable oils do not have the same flavor profile as animal fats. The resulting confit will have a different taste and mouthfeel, but it can still be a delicious and effective way to preserve and enhance the flavor of vegetables and other plant-based ingredients. The key is to use a high-quality oil and maintain a low cooking temperature. What are the
signs that a confit is done properly? The most important indicator that a confit is done properly is tenderness. The food, whether its duck leg or garlic cloves, should be incredibly tender and easily yield to gentle pressure. For meat, the flesh should easily pull away from the bone. For vegetables, they should be soft and almost meltingly tender. Another
key sign is the overall appearance. The food should be evenly cooked and have a rich, saturated color from the fat is cloudy or discolored, it may need to cook longer or there may be issues with the quality of the ingredients or cooking temperature. How should
confit be stored to maximize its shelf life? Proper storage is crucial for extending the shelf life of confit to cool completely in the fat. Once cooled, carefully transfer the confit and the surrounding fat to an airtight container. Ensure that the food is completely submerged in the fat to prevent air exposure, which can lead to
spoilage. The container should then be stored in the refrigerator. When properly stored, confit can last for several weeks or even months. Before using, allow the confit to come to room temperature slightly for easier removal from the fat. The rendered fat can be reused for future confit preparations, adding even more flavor over time. When it comes to room temperature slightly for easier removal from the fat.
to culinary techniques that embody rich flavors and unique textures, few methods stand out as much as confit. This ancient French cooking process has been embraced by chefs and home cooking terms, its history, various
types, methods, and how you can incorporate this remarkable technique into your own cooking. The Definition of ConfitAt its core, confit (pronounced kon-fee) refers to a method of preserving food by cooking it slowly in its own fat. While the traditional definition primarily pertains to duck or goose, the technique can be applied to a variety of meats,
fruits, and vegetables. The process results in incredibly tender and flavorful outcomes, making confit a beloved technique in kitchens around the world. Historical Context of ConfitThe origins of confit can be traced back to the Middle Ages when it was primarily used as a preservation method. Before modern refrigeration, storing food for months was a preservation method.
challenge, especially in rural areas. By cooking meats and other food items in fat, people created a barrier against air and bacteria, which greatly extended the shelf life of the food. The Art of Preservation was key. This practice not only provided sustenance during harsh winters but also highlighted the
importance of resourcefulness and ingenuity. Confit allowed people to make use of every part of the animal, ensuring that nothing went to waste. Over time, the method became refined, evolving into a culinary art form that is celebrated today. The Process of Making Confit Making confit is relatively simple, although it requires a bit of time and
patience. The key is to cook the food at a low temperature for an extended period, which allows the flavors to meld beautifully and the food to absorb the fat. Ingredients Youll NeedTo make a classic confit, you will need the following ingredients: 2-4 pounds of meat (commonly duck, goose, or pork) SaltAromatics (such as garlic, herbs like thyme, bay
 leaves, and black pepper) Fat (typically duck fat, although olive oil or other animal fats can be used) Step-by-Step Process Curing the Meat: Start by generously salting the meat and enhances its flavor. Preparing for
Cooking: After curing, rinse the meat under cold water to remove excess salt. Pat the meat dry with paper towels. Cooking the temperature between 190F to 210F (88C to 99C). Cook for several hours until the meat is fork-tender
Depending on the type of meat, this may take anywhere from 2 to 6 hours. Storing the confit: Once cooked, the confit can be stored in glass jars or other airtight containers, ensuring the meat is submerged in the fat to prevent air exposure. It can be kept in the refrigerator for several weeks, making it a convenient option for meal prep. Types of
ConfitWhile duck confit is the most renowned example, there are various forms of confit that can be explored. Below are two popular types: Duck Confit buck confit is perhaps the most celebrated among confit dishes. The rich flavor of duck meat complements the slow cooking process, resulting in incredibly tender and savory morsels. It is often served.
with crispy skin and can be used in salads, sandwiches, or as a main dish with sides like potatoes or vegetable ConfitNot limited to meat, confit can also be applied to vegetables, such as garlic or tomatoes. Vegetable confit involves slow-cooking veggies in olive oil, enhancing their natural sweetness while preserving their flavors. This
method is perfect for creating flavorful toppings for bruschetta or pasta dishes. Culinary Uses of Confit: As a Main IngredientConfit works beautifully as a star ingredient in various meals. For instance, you can shred duck confit and serve it with a ser
salad, create a confit potato galette, or serve it alongside risotto. The tender meat pairs well with a wide range of flavors. In Sauces and SpreadsYou can blend garlic confit into a smooth paste, transforming it into a delicious spread for bread or a flavor booster for sauces. The slow-cooked garlic becomes mellow and sweet, adding depth to your
culinary creations. Tips for a Successful Confit of a Successful Confit, consider the following tips: 1. Choose High-Quality Fat Using high-quality fat is essential for flavor. If making duck confit, opt for pure duck fat sourced from a reputable provider; for vegetable confit, use high-quality olive oil. The fat will not only aid in
preservation but significantly impact the flavor profile of your finished dish.2. Control Temperature consistency is key when cooking at too high a temperature, which can lead to tough meat instead of tender, falling-apart goodness.3.
 Experiment with FlavorsDo not shy away from experimenting with different herbs and spices in your confit. Additional ingredients like citrus zest, fennel, or even chilies can enhance the confits flavor, making it uniquely your own.Confit in Modern CuisineAlthough confit has its roots in traditional French cooking, it has gained significant traction in
modern fine dining. This ingenious use of the confit method reflects the ongoing evolution of culinary practices as chefs continue to explore new flavor and texture while extending its shelf life. Understanding how to make and use
confit opens up a world of culinary possibilities that can enhance your cooking repertoire. Whether youre enjoying classic duck confit or experimenting with vegetable varieties, this ancient method promises to bring a taste of indulgence and sophistication to your table. Embrace the art of confit, and you will not only gain appreciation for a time-
honored practice but also create memorable dishes filled with bold flavors that will impress your family and friends for years to come. Whether you are a seasoned chef or a novice home cooking methods? Confit is a traditional French
cooking technique that involves slowly cooking food in its own fat, typically at low temperatures. The word confit means to preserve in French, and this method was initially developed as a means to preserve meats for long periods. The process usually involves seasoning the meat, submerging it in fat, and allowing it to cook slowly, resulting in tender
flavorful dishes that can often be stored for extended times. Unlike other cooking methods such as roasting or grilling that require high heat and shorter cooking process. This method not only helps in preserving food but also enhances the flavors by allowing the ingredients to
meld together. The result is a dish that is rich, tender, and aromatic, unlike anything produced through quicker cooking techniques. While confit de canard), a variety of foods can be prepared using this method. Poultry, especially
legs and thighs, works beautifully, as does pork belly. Additionally, vegetables such as garlic, tomatoes, or even mushrooms can be confited in oil or fat, creating self-contained flavor bombs that can elevate many dishes. The versatility of the confit method allows cooks to explore a range of ingredients, including fruits. For example, fruits such as
cherries or citrus can be confited in sugar syrup, allowing for delicious toppings for desserts or cheeses. This wide applicability is what makes confit at home? Making confit at home typically requires some basic equipment that car
facilitate the slow cooking process. A heavy pot or Dutch oven is essential, as it can maintain temperature well and allows for even cooking temperature, usually kept between 200-250F (93-121C) to ensure the food cooks slowly without frying. Additionally, you will need high
quality fat for the confit, whether its duck fat, pork fat, or olive oil for vegetable confit. A fine-mesh strainer or cheesecloth is helpful for separating the finished product, particularly if you wish to preserve it for longer periods. How long does it
take to prepare confit? The preparation time for confit can vary significantly depending on the ingredients and the specific recipe being used. Generally, the cooking process can take anywhere from several hours up to a full day. For example, a duck leg may take about two to three hours to become tender when cooked at a low temperature, while
meats rich in connective tissue may require longer to break down and result in the desired texture. Moreover, the time spent pre-searing the meat and preparing the fat can also add to the overall hours or overnight to enhance the
flavors further. For those interested in preserving confit for later use, it can be stored in the cooking fat, extending its quality and ensuring its longevity. The key to proper storage lies in keeping the food submerged in its cooking
fat. This protects the food from air exposure, preventing oxidation and spoilage. For best results, after cooking, allow the confit to a clean, airtight container, ensuring that the fat fully covers the food. Refrigeration is often the best option for storing confit, where it can last for several weeks to months,
depending on the ingredients used. For long-term storage, confit can also be frozen, although it is essential to use freezer-safe containers. When ready to use, simply thaw the confit and reheat it gently in the fat to restore its original flavors and texture. Can confit be made in advance and reheated later? Yes, confit is an excellent option for make-ahead
meals, as it often tastes even better after sitting and allowing the flavors to develop further. The very essence of confit lends itself well to advance preparation, as the slow cooking process and subsequent cooling allow the spices and herbs used in the confit to infuse deeply into the food. Once prepared, confit can be stored for use at a later date
steps, you can enjoy your confit long after it has been prepared. This is Technique #87 from our 100 Technique severy Home Cook Can Master. Each technique is broken into three sections: why it works, key steps, and recipes that use it. Learn these recipe building blocks and you'll be set up for a lifetime of cooking success. Food preservation has
come a long way since the days of confit, so although we are still huge fans, there are much better reasons to make, given some time. Our favorite tips and recipes, enjoyed by 2 million+ subscribers! Confit: A Brief History Traditionally, the choice of duck (or
goose) legs were given a long salt cure staved off bacteria growth. Then the meat was poured over the meat to cover it (since bacteria cannot grow in fat), and the urn was buried deep in the ground for long periods of time to
stay cool until the confit legs were plucked from the urn for a meal. Nowadays, we've modernized our approach so there's no need to go digging an urn hole. Modern Confit MethodsOur modern confit technique involves a much shorter cure before slow-cooking the food in abundant fat until completely tender. Besides duck, foods such as turkey, garlic,
mushrooms, and fennel take to the method like, well, a duck to water. In fact, vegetables are a great way to get started in the kitchen with this technique. Salt, Fat, Dutch Oven, HeatThe salt draws water from inside the
meat to the surface. Eventually the water flows back into the meat, carrying the salt with it. An overnight salt cure is the perfect amount of time to properly season the duck legs. For the fat, theres only one kind we recommend cooking the salt with it. An overnight salt cure is the perfect amount of time to properly season the duck legs. For the fat, theres only one kind we recommend cooking the salt with it.
maintain a consistent moderately low temperature with zero hot spots. Cooking the legs for 3 hours at 300 degrees yields the perfect texture. We use a Dutch oven, which fits the legs in a single layer and allows headspace above the fat; a baking dish full of hot fat seems too risky to us. For vegetables, we choose extra-virgin olive oil. Unlike meat
vegetables dont have to be fully submerged in the fat, and in fact, the bits that remain above the fat turn irresistibly caramelized. 100 Foolproof DIY Recipes in The America's Test Kitchen DIY Cookbook, walking you through every
recipe so you can easily create store-bought staples and gourmet favorites at home. Shop NowStep by Step: How to Make Duck Confit Follow these instructive five steps to make silky and savory duck confit. Step 1: Trim, Season, and CoverTrim excess skin and fat from duck legs. Sprinkle with salt and pepper and toss with herbs. Cover tightly with
plastic and refrigerate for 8 to 24 hours. Step 2: Cover Pieces in FatArrange legs, skin side up, in single layer in Dutch oven and arrange herbs over top. Pour melted duck fat over legs until just covered. Step 3: Bake Until Tender and Cool Bake duck until skin has rendered most of its fat, meat is completely tender, and leg bones twist easily away from
 meat (fat will be bubbling gently). Let duck and fat cool completely in pot. Step 4: Cover Cooled DuckOnce cooled, entire pot can be wrapped in plastic wrap and refrigerated for up to 1 month. Or transfer cooled legs to smaller airtight container and pour cooled fat over top to cover completely. Step 5: Crisp to EatWhen ready to use, remove duck legs
from fat, scrape off as much fat as possible, and either shred meat or sear, skin side down, in nonstick skillet to crisp skin; serve whole. Recipes That Use This Technique Ready to try confit at home? All of these recipes deliver fantastic results. Get
the RecipeRecipeFennel ConfitThe confit technique is most often used with duck, but it's also a versatile way of transforming vegetables. Get the RecipeRecipeGarlic ConfitSilky, nutty-tasting garlic confit is a faster, stovetop alternative to oven-roasted headswithout any of their mess or waste. And it yields a valuable byproduct. Get the
RecipeRecipeTurkey Thigh Confit with Citrus Mustard SauceThe hands-off, naturally make-ahead confit technique transforms turkey thighs into a silky, dense, and savory revelation. Get the RecipeRecipeGarlic Confit butterSilky, nutty-tasting garlic confit is a faster, stovetop alternative to oven-roasted headswithout any of their mess or waste. And it
yields a valuable byproduct. Get the RecipeReady to learn another technique? Choose from our list of 100 Techniques Every Home Cook Can Master. Confiting, as many wonderful culinary accomplishments do, hails from France specifically, Gascony. As The Food Lovers Companion explains it, it is derived from an ancient method of preserving meat
 (usually goose, duck, or pork) whereby it is salted and slowly cooked in its own fat. The cooked meat is then packed into a crock or pot and covered with its cooking fat, which acts as a seal and preservative. So there you go: To confit is to cook a fatty cut of meat slowly in its own, or some other animals, fat and it is unbelievably tasty. Lachlan
Mackinnon-Patterson, chef of Boulder, Colorado restaurantFrasca Food & Wine, once cooked ata two-star Michelin restaurant in France, and at Californias renowned The French cuisine, he tells us, traditionally used for duck legs. That said, you could also
confit lamb shoulder, pork shoulder, pork shoulder, or chicken in fat; anything that needs to be braised or tender, says Mackinnon-Patterson. Its basically a way of preserving and tenderizing tough cuts of meat. And though the word might conjure a fancy French restaurant, tall white chefs hats, and difficult technique, it can actually be quite easy to achieve at home
as in this recipe. The idea is to season your meat extensively beforehand, says Mackinnon-Patterson. Imagine you were seasoning a hamburger with salt. Season it four times as aggressively. Salting draws moisture out of the cut your meat extensively beforehand, says Mackinnon-Patterson. Imagine you were seasoning a hamburger with salt. Season it four times as aggressively.
three hours depending on the meats thickness, and then rinse off the salt before cooking it slowly at a low temperature. He suggests placing the meat in hot oil but not oil thats at a boil around 170 degrees F. If you want to, you could add orange peel, herbs, sage, or thyme to the mix things that are herbaceous that work with the meat he suggests.
Place the meat in fat in an oven preheated to somewhere between 200 and 240 degrees F. Your meat is done when its plush and tender, so test it along the way. When you remove the meat from the oven, be sure to let it cool in the fat. If youre trying confiting for the first time, remember that to truly confit, you must cook the meat in fat, not water the
chef suggests perhaps avoiding duck fat itself. What happens is it often ends up tasting like duck fat. Of course, thats delicious, but Id encourage people to mess around with other lipids. He uses tons of olive oil at his Italian restaurant, which is just like, the best, but you could also usepork fat, which manychefs swear by. Serve confited meat warm
with bright ingredients such as shell beans, fennel, carrots, red pepper, a squeeze of lemon juice, or fresh-cut herbs. The classic preparation is to throw those duck leg is just delicious, says Mackinnon-Patterson, served simply with in-season vegetables. Le
confession: We're not above trying to sound fancy with our sub-par French."Voulez-vous ...um ...ptisserie? Oui Oui?" But confit is a classic cooking term we can definitely wrap our heads around. And we're here to spread the official word on our favorite way to eat fat. (Well, one of them. Top 10 for sure. OK, there are too many to count.)You've
probably seen duck confit on the menu of any classic French green lentils, or a fresh pea pure. It's a centuries-old dish, full of deeply rich flavors and succulent meat that's so decadent that you won't be able to remember how long ago you left your body
and floated off to Pleasure Town. From the very old roots of Team Confit, to how many months(!) confit lasts in the fridge, to how you can get your hands on the best confit around. "Je m'appelle confit!" It's pronounced kon-
FEE. It's a French term for the low-n-slow cooking and storing of food in fat, and it's also very fun to say. (Try it. Also someone please invent coffee cooked in this way. And it all leads to that first bite of duck melting in your mouthnest into the term for the actual meat that has been cooked in this way. And it all leads to that first bite of duck melting in your mouthnest into the term for the actual meat that has been cooked in this way. And it all leads to that first bite of duck melting in your mouthnest into the term for the low-n-slow cooking and storing of food in fat, and it's also were fund to say.
 like a velvety pat of disappearing butter. The confit trend (the longest trend ever, because it's extraordinarily old) started back when 1400s-era French people needed a way to store their meat while their SMEG was on backorder for 500 years. Back then, it was totally normal to kill a bird, cover it in salt, and dunk it in some fat to (throat clear) riper
for months. The fat formed an air-tight seal around the meat, keeping bacteria out of the mix. But pretty quickly, everyone realized how good those fat-cured gizzards really tasted (oh, life in the days before French fries) and the method hung on long after we didn't need to use it anymore to survive. These days, as Paris Hilton might say, we're "sliving
with confit dishes regularly appearing on the most sought-after menus. How do you do it exactly? Real confit, That's faux-fit and we're not doing that. The keyword here is "slow." And "fat." And also "delicious." First, the meat typically gets
patted dry, then massaged with a nice seasoned salt, wrapped tight, and aged in the fridge. The salt draws out the water in the protein, so what we're left with is the most beautifully tender meat on this side of the Atlantic. There is also curing salt made specifically for these purposes. It features sodium nitrate, which keeps the preserving environment
bacteria-free until you're ready to move on to the next level: fat.By the way, it might seem like people always go for duck fat for a confit. But actually, goose or chicken fat is also great for this. Oftentimes, home cooks will use olive oil, since it's easily available. And some even use bacon fat. (You know who you are). After that, it's all about the storage
and cooking temperatures. People used to confit meat and save it for months (and it didn't go bad), but modern sensibilities can't wait that long. After the meat has aged in the fridge for a few days, it gets a leisurely cook in your fat of preference, at about 300F for two to three hours. Confit accomplished. We're all familiar with food going under the
surface of a liquid to cook. Hello, you do have to boil the noodles for boxed mac and cheese. But when we're talking fancy-schmancy cooking methods, there's one that might seem suspiciously similar to confit: Sous vide (pronounced soo-VEED). The sous vide process involves vacuum-sealing food and cooking it inside a bag, while it's all submerged in
hot water. This French term literally means "under vacuum." While it's very "Iron Chef America," it's not the same thing as confit. Maybe there's a little oil or butter inside the vacuum-sealed bag, but the meat certainly isn't cooking in a jacuzzi of its own delicious fat. There's also a difference in proteins. Confit usually involves poultry, but sous vide
can work with just about anything (steak is a typical choice). Still, with food, anything is possible. There is, indeed, a recipe for sous vide duck confit. It results in almost instant duck confit, using just duck legs, a vacuum-sealed bag, and the duck's own fat. It's perfect if you find yourself with a cute duck and a wide-open afternoon. Duck confit (you'll
also see it listed as confit de canard) is without doubt the most popular confit dish in the world. It's duck legs in duck fat and spend several days cooking dinner? You make something easier: reservations. Of course, you'll want to go to France to sample the
authentic version of this dish, while steeped in its heritage. Luckily, the confit de canard situation has been buzzing for generations, with plenty of options from which to choose. Paris mainstay Josphine Chez Dumonet's version had one fan raving, "[It's] by far the best I have had to date... their duck confit and fries are worthy of every calorie." Au Pied
de Fouet's take on the favorite evoked this review from a happy customer: "The duck was so tender and juicy, and the perfectly browned skin may have been one of the best things I have ever tasted." But don't write off the chance of an excellent dish at a stateside institution. One reviewer wrote of Balthazar New York's duck confit, "The duck is to die
for, tender off the bone, and the sauce does not overwhelm the flavors." Table for two, please. Modern confit technique hasn't left duck legs in the dust, but it certainly has reinvented itself to include a bounty of tasty meats, roots, and veggies. It's like we collectively realized that everything tastes better with a little flavorful fat on it. Weird.Enjoy
salmon? You can confit it. Ever had carnitas which involves cooking pork in lard? Then you had pork confit is totally a thing that goes back to the French and Italians preserving their crops in oil, back in the day. You can even confit an egg yolkif you want your next breakfast to go from sadness-cereal to ultra-luxurious egg-on-
toast. Just remember that even though confit yolks look like perfect little orange balls, they are meant to be gently cracked and ooze out their insides. Handle with care. But maybe the most multi-talented ingredient to hit the confit scene is garlic. After a slow cook in olive oil, garlic becomes tender, spreadable, rich, buttery, and even a little sweet. It's
like a whole different person compared to raw garlic. Even better? You can put it on just about anything. Top a pizza, spread it on a sandwich, saute it with some veggies, you name it. (Did someone say put it on mashed potatoes? Already done). We don't need to store our meat in barrels of fat to get through the winter anymore. But it turns out that
the confit method still works wonders for preserving foods for long periods. Like, really long. Like 5 to 6 months long for legit, tried and true duck confit. (Raise your hand if you would eat meat that's been in the fridge for more than five days. OK, hear us out, because one person's recipe lasted for over a year). It's true that real duck confit develops
more flavor and becomes richer as it rests for the month after it's cooked. But there's a little doing that needs to be done so that this magic duck can occur. As chef and restaurateur Thomas Keller wrote in his "Bouchon" cookbook, "You can keep confit for months rather than weeks if you remove all meat juices from the fat." To do this, he explains that
you take the duck meat out of the fat completely, then put the fat in the fridgeto cool. Once the fat has solidified into a layer at the top of the container, remove it without touching the meaty gel underneath. Chuck the gel, warm the fat, and then douse the duck in the fat (once again) so it stays preserved in the fridge, for midnight snacks. Despite this
miracle of medieval science, typical duck confit timelines lean mostly toward eating the dish all at once and having no leftovers or keeping it for up to a month. OK, no one would ever gaze into a pot of duck fat and think they're in for a light lunch. But it turns out that just because something has been prepared as a confit doesn't mean it's all bad for
you. In fact, duck fat can be good for your heart health. (Promise we haven't been compromised by a bunch of non-ducks who paid for this research). Obviously, all fat has, well, fat and calories in it, so don't go to town on the loaded duck fat fries every day. But, in the world of fat, duck fat in particular features unsaturated fatty acids that can actually
do good things for your heart. According to Healthline, duck fat can lessen your risk of heart disease and help maintain healthy blood sugar levels. With a saturated fat content of 28%, it clocks in at a lower percentage than trendy fats like pork lard and beef tallow which appear all over the modern restaurant scene. Healthline also reported that the
fatty acids in duck fat (linoleic acid and oleic acid) reveal a profile that's almost identical to that of Hass avocados and olive oil. We're clearly not doctors, but take two spoons of duck fat and call us in the morning. Confit: It's not just for medieval birds anymore. And if you're a dessert person, the sweet version was made for you. (Happily, there's no
duck fat involved just the succulent syrup of the gods). Just as drool-worthy as its savory counterpart, fruit confit goes back to almost every ancient civilization. France, Italy, and ancient Egypt all lay claim to having popularized the practice of preserving their produce. Still, it's the Apt commune in southeastern France that just might be the top
producer of candied fruit in modern times. But you don't have to import that sugar-bathed tutti frutti you can make it yourself. Serve up a classic pear confit with crme frache and hearty Bosc pearslike they were always meant to be; tender, sweet, and richly spiced. Comforting mulling spice flavors of wine, clove, and cinnamon "pear" well (get it?) with
a velvety, vanilla bean cream. (If you're inspired, don't hold back on a drizzle of caramel sauce). During warmer months, dollop a jammy strawberry confit over French toast, or zhuzh up a light cake with the sweetest take on summer fruit. Steal the show (yes, it will be fully stolen and you'll be wanted by the law) with a confit of citrus filled with a
bright sorbet. Confit just the rind of anything from a grapefruit to a lemon, and thanks to this sweet and slow curing process, you'll be able to eat every last bit on your plate. A perfectly confit is a French cooking technique that has been used for centuries. It involves cooking meat, typically poultry or game, in its own
fat until it becomes tender and flavorful. The resulting dish is rich, succulent, and incredibly satisfying. While it may seem like a daunting process, confit is actually quite simple to make. And once youve mastered the technique, youll be able to transform even the toughest cuts of meat into something truly special. Whether youre looking to impress
quests with an elegant dinner party dish or just want to enjoy a delicious meal at home, confit is a French cooking technique in which meat, typically poultry or pork, is cooked slowly in fat at a low temperature until it is tender and flavorful. The meat is then
stored in the fat, which acts as a natural preservative and helps to enhance the flavor. This method was originally used as a way to preserve meat before modern refrigeration, but it is now a popular cooking technique for creating rich and flavorful dishes. Origins of ConfitConfit is a French cooking technique that has been around since the 14th
century. The word confit is derived from the French word confit recipe involves slow-cooking meat, typically duck or goose, in its own fat until it becomes tender and flavorful. Once the meat is cooked, it
is then preserved by storing it in its fat. The fat acts as a barrier, preventing the meat from coming into confit is a preservation method that dates back to
medieval times. Confit originally referred to the preservation of meats, particularly duck or goose, through cooking in their own fat. Today, the term has expanded to include the same preservation method for vegetables and fruits. To make confit, the meat or vegetable is first seasoned with salt and other various herbs and spices. It is then cooked
slowly in a low-temperature oven or stove with a generous amount of fat until it becomes tender and rich in flavor. The resulting product is then stored in the fat, which acts as a natural preservative, allowing it to be stored for several weeks or even months. The use of this method product satural preservative, allowing it to be stored for several weeks or even months.
high-end restaurants as a delicacy. How to Use Confit in Cooking A popular way to use confit in cooking is to add it to dishes for a burst of flavor and texture. For example, confit duck legs can be served on top of a salad with candied walnuts and goat cheese, or shredded and added to a risotto or pasta dish. Confit chicken can be added to a sandwich
or wrap for a delicious lunch option. Another way to use confit in cooking is to make a sauce or spread that can be used on bread or as a dip. Confit tomatoes can be blended with basil and balsamic vinegar to create a flavorful sauce that can be
paired with pasta or used as a base for pizza. The possibilities are endless when it comes to incorporating confit into your cooking duck legs in their own fat until tender. This process results
in meat that is infused with rich, savory flavors and has a succulent texture. Another popular type of confit is garlic confit, which is made by cooking whole cloves of garlic in oil until they are soft and buttery. This type of confit is garlic confit, rabbit
confit, and even vegetable confit, which is made by slowly cooking wegetables in oil or butter until they are tender and flavorful. Regardless of the type of confit used, this cooking method is a great way to bring out the natural flavors of ingredients while making them incredibly tender and delicious. Health Benefits of ConfitConfit, a French cooking
technique, is gaining popularity not only for its delicious taste but also for its health benefits. One major benefit of confit keeps the food moisture, vitamins, and minerals intact, which would have otherwise been lost
through other cooking methods such as boiling, frying, or grilling. Another health benefit of confit is that it is a low-carb cooking method. This makes it a perfect choice for people who are watching their carbohydrate intake or who are following a low-carb diet. Additionally, confit contains healthy fats that can provide numerous health benefits such as
improved brain function, weight loss, and lower inflammation levels in the body. Hence, including confit in your diet can be a healthy option that not only benefits your taste buds but also your overall health. Confit in French Cuisine boasts many confit dishes,
ranging from duck and goose to pork and rabbit. Duck confit is probably the most famous and popular confit dish in France. In French cuisine, confit refers to preserving meat by cooking it in its own rendered fat until it is tender and infused with flavor.
The resulting meat is rich, flavorful, and incredibly tender. Confit is often served as a main course with a side of potatoes cooked in the duck fat and a green salad. It can also be used as a flavorful ingredient in other dishes, such as cassoulet or rillettes. Confit Variations from Around the WorldConfit, a French term meaning preserved, has long been
used around the world to preserve meat, especially fatty cuts like duck and goose. However, the traditional French method of cooking confit has undergone variations in different regions, each adding their own flavors and techniques to the dish. In Italy, confit is known as coniglio in porchetta and is prepared with rabbit, herbs, and lard. In Spain,
confit de pato is made using duck legs and cooked with garlic, rosemary, and olive oil. In South America, particularly in Argentina, pork and beef confit is popular and usually cooked with red wine, bay leaves, and other spices. These variations on the classic confit recipe demonstrate the versatility of the dish and its ability to adapt to different regions
and cuisines. Final WordsIn essence, confit is a French cooking technique that involves slow-cooking meat, typically duck or pork, in its own fat until it becomes tender and flavorsome. This process allows the meat to be kept for extended periods without the need for refrigeration, which was important in the days before refrigeration was widely
available. Confit remains a popular method of cooking, particularly in French cuisine, and is a great way to impart rich flavors in meat dishes. Overall, confit is a simple yet extremely effective cooking technique that has been used for centuries. It has stood the test of time and remains a staple in many traditional dishes. Whether you are an
experienced cook or a beginner, confit is a great way to experiment with flavors and elevate your dishes to the next level!
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