



HOW TO MAKE CONFIT: GENERAL PRINCIPLES

STEP 1 – MARINATE THE MEAT

Flavour it up!

Massage your salt, spices and aromatic mix onto your meat and marinate for up to three days. When finished, rinse the meat off under the tap and capture the leftover spices/aromatics in a colander for cooking.

STEP 2 – PREPARE THE HEAT

Gentle, gentle!

Pre-heat your oven and gently warm the fat until it's all melted. Oven temperatures for cooking confit range from 200°F (93°C) to 300°F (150°C).

STEP 3 – FILL THE POT

Mega melted fat!

Put the meat into a lidded oven dish and make sure the pieces fit snugly. Pour the melted fat over the meat until it's entirely submerged in the fat. Melt more fat as needed. If you captured any aromatics from the rinsing stage, throw these into the pot too.

STEP 4 – COOK FOR HOURS

Time to take it easy!

Put the meat into an oven dish snugly. Pour the melted fat over the meat until it's entirely submerged in the fat. Melt more fat as needed. If you captured any aromatics from the rinsing stage, throw these into the pot too.

STEP 5 – STORE THE CONFIT

The mason jar of deliciousness!

Put the meat in a heat-proof container such as a 1L mason jar and pour the melted fat over top until the meat is completely submerged. When the container is cool enough to move, put it in the fridge. Once it's cooled completely, put the lid on and store in the fridge.

To eat your yummy confit ...

1

Remove from the fatty storage pot

2

Heat gently in the over or on the stove

3

Crisp the skin under the broiler