FRENCH · DINNER

Pierre Koffmann's Duck Confit (Salt and Duck Fat Only)

200 min · plus 12–24 h salting, then cooling · Serves 2 · 460 kcal a serve

Video 6:58 · BBC Maestro

Carnivore · Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

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A classic French way to keep meat with just salt and its own fat: one leg gives about 30 g of protein with iron, zinc and selenium, and no sauce or sugar.

Diet notes: Keto (0 g net carbs a serve).

Ingredients 3 · SERVES 2

- [ ] 2 **duck legs** (about 250 g each, bone-in; our estimate)
- [ ] **coarse salt** to cover the legs (most is rinsed off; about 2 g a serve stays in, our estimate)
- [ ] **duck fat**, enough to cover the legs (about 1 tbsp a serve clings to the meat)

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Cover the duck legs completely in coarse salt (not fine salt), top and bottom, and refrigerate for 12–24 hours. 0:04
2. Tap off as much salt and liquid as you can, then rinse the legs under cold running water for 20–30 minutes to wash out the excess salt. Pat dry. 1:10
3. Warm enough duck fat to cover the legs, slip them in and keep it barely bubbling at about 90–95°C, never boiling. Lay a circle of baking paper on top. 1:54
4. Cook for about 2½ hours, until a skewer slides in and the meat falls off it when lifted. Take the pan off the heat and let the legs cool in the fat for a few hours. 3:57
5. To serve, lift the legs out and crisp them skin-side down in a dry frying pan until deep golden (finish in the oven if they were chilled). 5:21

> **Tip** Buy enough duck fat to cover the legs; strain and reuse it. Leg sizes vary (ours is an estimate). Kept under their fat in the fridge they last for weeks. Koffmann serves them with red cabbage, never a sauce.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
460 kcal	43 g	0 g	0 g	31 g	950 mg
1,920 kJ	85% of a day	0 g net · 0 g sugars	0% of a day	9.1 g saturated	41% of a day
		0% of a day		40% of a day	

Energy from net carbs 0% · protein 38% · fat 62% — fits keto: 0 g net carbs, 62% of the energy from fat

High in (20%+ of a day) Selenium 63% · Omega-3 28% · Zinc 27% · Vitamin B12 20%

Source of (10–19%) Iron 18% · Vitamin B6 17% · Vitamin A 11% · Vitamin E 10%

Recipe and video: BBC Maestro (@BBCMaestro) on YouTube — youtube.com/watch?v=Qj7rsakqcCY, published 5 May 2025. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/koffmann-duck-confit-salt-only