

Chicken Confit

Courtesy of:



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Yield: 4 Servings

4 Chicken Hind Quarters
1/3 cup White Sugar
1/3 cup Brown Sugar
1 Tablespoon Fresh Thyme, minced
1 Bay Leaf, crumbled
1/3 cup Kosher Salt

2 cups water
1 pint Duck Fat

Place a piece of cheesecloth on a wire rack on top of a sheet pan or cookie sheet. Place Chicken Hind Quarters onto the cheesecloth. Be sure to stay within the edges of the sheet pan. In a mixing bowl, combine White Sugar, Brown Sugar, Fresh Thyme, Bay Leaf and Kosher Salt and mix well. Carefully pat approximately ¼ cup of salt mixture on to each portion on Chicken Hind Quarters. Wrap cheesecloth around the Chicken Hind Quarters and Salt mixture. Place a second sheet pan on top of the Chicken Hind Quarters wrapped in cheesecloth. Place something heavy on top of the second sheet pan, such as a brick. Place on bottom shelf of the refrigerator and let rest for **2 to 3 days**.

Pre- heat oven to 250° Fahrenheit, or to its lowest setting, Rinse Chicken Hind Quarts and pat dry. Place Chicken Hind Quarters in a baking pan, add water and dollop Duck Fat onto Chicken Hind Quarters. Cover with parchment paper and foil. Place in the oven and cook for 2 ½ hours. Remove from the oven and let rest until cool enough to uncover. Uncover and remove Chicken Hind Quarters from pan and place on a wire rack on top of a sheet pan to drain.

Option 1:

Remove skin from Chicken Hind Quarters and Shred to use on a slider, in a salad, in soup or use as a substitute in your favorite Chicken Recipe.

Option 2:

Heat a heavy cast iron skillet under medium high heat. Add a small amount of Duck Fat. When Duck Fat is melted and shiny, slowly add Chicken Hind Quarters to the pan. Fry until crisp and golden, Turn Chicken Hind Quarters over and continue to fry until crisp and golden on each side. Enjoy with potatoes and a sauce such as a chutney. The acid in the chutney will help balance the richness of the chicken.