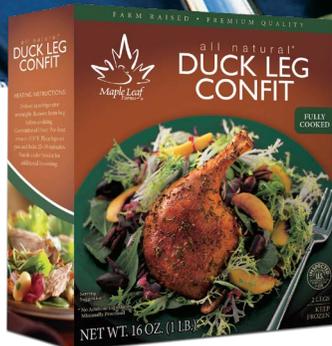




Maple Leaf Farms is a fourth generation family-owned company that has produced premium quality duck products for nearly 60 years. Our ducks are raised by independent, family farmers who share our commitment to animal well-being and environmental stewardship.



Duck Leg Confit

Maple Leaf Farms Duck Confit is a duck leg that has been seasoned and cooked slowly in its own fat. This yields tender, flavorful meat that may be served as a main ingredient, or shredded from the bone and used for sandwiches, salads, pizzas or pasta.

Chef's Tip: Don't discard the duck fat in the package—it's wonderful for adding flavor to potatoes and vegetables or for making a sauce!

What is Duck Leg Confit? (Pronounced Con-FEE) Historically, this technique was a way to preserve meats that involved cooking and storing meat in its own fat. Before refrigeration was available, keeping the meat covered in fat helped prevent the growth of bacteria and preserve it for a longer period of time.

Today, confit is prized for the rich flavor and tender texture of the meat. Duck Confit from Maple Leaf Farms is the perfect way to enjoy this classic dish in just minutes!



Duck Confit Tacos *Yields 4-6 Tacos*

Ingredients

Maple Leaf Farms Duck Leg Confit, 1 pkg

Jicama Black Bean Salsa

Avocado Cream

6" Flour Tortillas (4-6)

Shredded Iceberg Lettuce

Cilantro for garnish

Jicama Black Bean Salsa

¼ cup Jicama, thinly sliced
 ¼ cup Black Beans (canned), rinsed and strained
 ⅓ cup Fennel, thinly sliced
 ½ cup Roma Tomatoes, diced
 1 Tbsp Lime Juice
 ⅓ cup Red Onion, finely diced
 1 tsp Garlic, minced
 Salt to taste

Avocado Cream

¼ cup Sour Cream
 1 ripe Avocado, peeled and quartered
 2 tsp Lime Juice
 Salt and Pepper to taste

- 1 Mix all salsa ingredients in a bowl then cover and chill in refrigerator.
- 2 Blend Avocado Cream ingredients together in a blender or food processor until smooth. Transfer blended mix into a bowl then cover and chill in refrigerator.
- 3 Warm Duck Leg Confit Meat, then allow to cool slightly. Remove meat from bone and shred. Set aside.
- 4 Warm tortilla shells.
- 5 Assemble the tacos. Line tortilla with shredded lettuce then add duck confit meat and Jicama Salsa. Top with Avocado Cream. Garnish with cilantro leaves.

PRODUCT INFORMATION

Duck Leg Confit

Product Code:

003680216

Package Size:

Two 8 oz legs per package

Case Size:

8 lbs (8 - 16 oz cartons)

Frozen

For additional recipes or more information, visit www.mapleleafarms.com/retail or call 800-348-2812 and select option 2 to speak to a customer service representative.

