

How to cook a Confit Goose Leg

When your Confit Goose Leg Arrives

The Confit Leg will arrive frozen and best stored in the freezer until you are ready to cook. Remove from the freezer the day before you plan to cook it and leave to defrost in the fridge.

Method

1. Preheat your oven to 180°C/360°F/Gas Mark 4.
2. Remove the Confit Leg from its packaging, taking off a little of the fat. Keep hold of this fat as you can use it for making the most delicious roast potatoes.
3. Take a heavy cast iron frying pan and place on a high heat. Once the pan is smoking hot, place the Leg skin side down.
4. Once the Leg is crispy and golden, remove from the pan and pop in the preheated oven.
5. Cook for 15 minutes and serve hot.

