

## Pasta with Duck Confit and Cabbage

Like so many of my recipes, this is an old one from *Gourmet* magazine. You do not need to follow the recipe exactly, so you can use less or more cabbage or duck legs. I added some red peppers that I had in my fridge. I also added some jellied duck stock from cooking the legs. I cut the amount of noodles to 9 ounces, even though the original recipe called for one pound. For the pasta, I used *fusilli* noodles. The original recipe called for *campanelle* (bell shaped pasta) or *garganelli*. And please, do not skip turning the skin into cracklings. It's ten times better than bacon, trust me. You can also buy confit duck legs if they are available.

### Ingredients:

- 4 confit duck legs (about 8 ounces)
- 2 large white onions (about four cups)
- 1 tsp. salt
- 1 (1 ½ -lb) savory cabbage (about 8 cups)
- 1 red pepper (optional)
- ¼ cup dry white wine
- 9 ounces fusilli pasta
- 1 TBS butter
- 2 TBS chopped fresh flat-leaf parsley

### Directions:

Heat oil in a large frying pan and sear the duck legs skin down until some of the fat is rendered and the skin is golden (6-8) minutes. When the duck legs are cool enough to handle, remove the skin and scrape off any visible fat. Return the skin to the frying pan and cook over moderate heat, occasionally pressing down on the skin until the fat is rendered and the skin has turned into golden crisp cracklings (about 5 minutes). Drain the cracklings on a paper towel and tear into small pieces. Pull duck meat from the legs into roughly ¼-inch-thick pieces. Reserve 2-3 TBS of duck fat in the frying pan. Peel and halve the onions, then cut them into ¼ inch thick slices (about 4 cups). Sauté them in the duck fat, stirring occasionally until they are golden brown, 15-20 minutes. Clean and chop the red pepper into 2-inch pieces, and then add it to the onion, cooking the mixture for several minutes. In the meantime, clean and core the cabbage and cut it into 2-inch pieces. Add the cabbage and ½ tsp salt to the onions, stirring and turning for about 5 minutes, until it begins to wilt. Add the wine and cook until evaporated for about 2 minutes. Add the chicken broth and simmer (covered) for about 25-30 minutes, stirring occasionally. The cabbage should be very tender. While the cabbage simmers, cook the pasta. Drain the pasta, reserving 2 cups of pasta water. Stir the cabbage mixture with the pasta either in the pasta pot or frying pan (depending on the size of your frying pan). Add the butter and shredded duck with the cracklings, and some pasta water if the pasta looks dry. Season with salt and pepper and sprinkle with the parsley. This dish tastes just as good the next day.

### ***Guten Appetit!***

Recipe from *Gourmet* magazine  
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