



## COURSE #47: CONFIT CHICKEN THIGHS

Recipe courtesy of Chef Isaac Toups of Toups' Meatery



**Prep Time:** 24 hours  
**Cook Time:** 2-4 hours

**Yield:** 4 servings

### Ingredients

#### Chicken Thighs:

- 4 chicken quarters (ribs removed)
- 2 T fresh rosemary, finely chopped
- 2 T thyme
- 2 T oregano
- 10 cloves garlic
- Salt and black pepper
- Duck fat
- Peanut oil

#### Mustard Greens:

- 1 bunch mustard greens
- 2 cloves garlic, minced
- Pinch of chili flakes
- 1 lemon, juiced
- 1T canola oil

#### Gizzard Gravy:

- 1 lb chicken gizzards
- 1/4 C flour
- 1/4 C canola oil
- 1 sm onion
- 1 T smoked paprika
- 1 T toasted ground cumin
- 6 oz dark beer
- 2 C chicken stock
- Salt and pepper to taste

### Instructions

**For the Chicken Thighs:** Finely chop all herbs and garlic, and mix well. Season chicken generously with kosher salt and black pepper. Rub garlic and herb mixture into each side of thighs. Cover and refrigerate for 24 hours. Place chicken in baking dish or Dutch oven large enough to fit all thighs with two inches space from the top. Completely cover chicken with equal parts rendered duck fat and peanut oil. Place in 225-degree oven for two hours or until chicken is falling off the bone. Remove with slotted spatula and serve.

**For Mustard Greens:** Heat 1 T of canola oil on medium heat. Sauté garlic until golden brown (approx. 1 min). Add chili flakes, greens and pinch of salt. Wilt for one minute until cooked through. Add lemon juice and serve.

**For Gizzard Gravy:** Clean chicken gizzards and slice into quarters. Then grind or chop gizzard portions in a meat grinder or food processor to make a slightly coarse mixture. Combine flour and oil to make a light roux the color of café au lait. Sweat onions for one minute. Add chicken stock and beer. Bring to a boil. Add gizzards, cumin, paprika, salt and pepper to taste. Lower fire to a simmer and cook for two hours.