

# DUCK FAT ROASTED POTATOES

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## INGREDIENTS

1kg potatoes, peeled and cut into pieces  
170g duck fat  
½ tbs salt  
2 tbs polenta

## METHOD

### Step 1

Preheat your oven to 240°C

Place the duck fat in a roasting tray & place in the oven to start heating up. The secret to these potatoes is to get the duck fat ferociously hot.

### Step 2

In a large pot, cover the potatoes with cold water, season well & bring to the boil. Parboil the potatoes for no more than 10 minutes. Drain the potatoes & return them to the pot

### Step 3

Place the polenta/semolina in the pot, cover tightly & give the potatoes a ferocious shake to coat them evenly & smash up their edges a bit (these are the parts that really crisp up nicely)

Carefully remove the tray from the oven & using a pair of tongs, place the potatoes gently into the sizzling duck fat

### Step 4

Return the tray to the oven & roast the potatoes for 1 hour, turning them throughout the cooking time so that they brown on all sides

### Step 5

Remove from the trays, drain on some kitchen towel & serve immediately. Golden, crusty, crunchy perfection

# THE COOKERY

by The Secret Jozi Chef