



# SLOW COOKED DUCK LASAGNA

FROM EVERYDAY GOURMET WITH JUSTINE SCHOFIELD

**Difficulty:** Easy

**Serves:** 6

**Cooking:** 2 hours



## INGREDIENTS

4 Luv-a-Duck Fresh Duck legs  
1 onion, finely chopped  
2 cloves garlic, finely chopped  
1 carrot, grated  
2 stalks of celery, finely chopped  
1 handful of mushroom, finely chopped  
4 sprigs of thyme  
1 tblsp tomato paste  
1 cup of red wine  
½ cup of port  
750ml tomato puree  
Salt and pepper  
30g butter  
30g lighthouse biscuit, pastry & cake plain flour  
3 cups of milk  
1 pinch of nutmeg  
1 eggplant, thinly sliced and then grilled until soft  
1 bunch of parsley, leaves picked  
8-10 fresh lasagne sheets  
60g parmesan

## METHOD

1. In a large heavy based casserole pan over a medium heat sear the duck Legs, skin side down. Cook for 5-8 minutes to ensure that a lot of the duck fat has rendered. Turn over, seal on the flesh side until golden and then remove from the pan.
2. Add the vegetables to your pressure cooker. Sauté until soft then add the duck along with the thyme, tomato paste and wine. Bring to the boil and add the tomato puree and season with salt and pepper. Place the tight fitting lid on top and cook on a low heat for 30 – 40 minutes or until the meat falls away from the bone very easily.
3. In the meantime make the béchamel by melting the butter in a saucepan over a medium heat. Add the flour and with a wooden spoon stir for 3 minutes. Now using a whisk, little by little, add the milk. Bring to the boil then remove from the heat once thick. Add the nutmeg, salt and pepper.
4. Once the duck is cooked and cool enough to handle shred meat and discard the skin and bones. Place back into the sauce.
5. Pre heat the oven to 180°C.
6. To assemble the lasagne, scatter some of the meat sauce on the base of the baking tray. Place the first sheets of pasta down so the base is completely covered and add more meat to cover the pasta. Now, a layer of the parmesan and a little parsley, béchamel and grilled eggplant. Repeat the process 3 or 4 times, ensuring the lasagne is compact and free from air bubbles. Finish with some more cheese, cover loosely with foil and bake in the oven for 25 minutes before removing the foil and cooking for a further 25 minutes. Serve with a simple green salad and steamed greens.