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"FANCY AS DUCK" PARMA

Difficulty: Easy

Serves: 2

Cooking: 45 mins



INGREDIENTS

For the schnitzels

- 2 x duck breast fillets
- 1/2 cup plain flour
- 1 tsp salt
- 1 tsp pepper
- 2 eggs
- 1 tbsp dijon mustard
- 2 cup panko breadcrumbs
- 1 tbsp dried tarragon

For the garlic and herb mushrooms

- 50g unsalted butter
- 200g swiss brown mushrooms, thinly sliced
- 2 cloves garlic, finely chopped
- 1 tbsp fresh thyme leaves, chopped
- ¼ cup parsley, chopped
- Good pinch of salt and pepper

Other

- 100g ham
- 250g wheel of camembert, thinly sliced
- Oil to shallow fry

METHOD

1. Remove the skin from the duck breasts. Season each with salt and pepper on both sides and place fillets between two layers of cling wrap and using a mallet or rolling pin, gently bang out the schnitzels to an even thickness.
2. To set up your crumbing station, place flour onto a plate, add salt and pepper and mix to combine. Into another dish, crack eggs, add dijon mustard and whisk together. On another plate, pour panko crumbs and mix dried tarragon through the breadcrumbs.
3. One at a time, dust your duck breast in the flour, coating both sides. Dip into egg and dijon mix, before placing into the panko crumb, covering both sides and lightly pressing to make sure the crumbs stick. Place onto a baking tray and repeat with the remaining fillet.
4. In a large frying pan, heat 1cm of oil over medium heat. When hot, fry schnitzels for 3-4 minutes either side or until golden and duck is cooked through. Remove onto a clean oven tray.
5. For the mushrooms, heat a large frying pan over medium-high heat. Add butter. When melted, add the sliced mushrooms and cook stirring for a few minutes until any moisture has evaporated and the mushrooms have browned nicely. Add the garlic, thyme, parsley and salt and pepper and cook for a further couple of minutes. Remove from heat.
6. To build the parmas, divide the ham between the two schnitzels. Top each with the mushrooms and then sliced camembert. Place in the oven and cook on a medium grill setting until the camembert has melted and is bubbling.
7. Serve with a tossed salad.