



# CONFIT DUCK CROQUE MONSIEUR

**Difficulty:** Easy  
**Serves:** 4  
**Prep:** 10  
**Cooking:** 15 minutes



## INGREDIENTS

2 Luv-a-duck confit duck legs, shredded  
8 slices good quality white bread  
125 g Dijon mustard  
20 g melted butter

### Béchamel

25 g butter  
1 ½ Tblsp. plain flour  
240 ml milk  
115 g comte cheese, grated  
55 g parmesan cheese, grated  
salt and pepper to taste

*Alternatively, store bought béchamel sauce can be used.*

## METHOD

1. Heat the Confit Duck Legs according to Pack instructions. Shred the meat from the bone and set aside.  
**To make the béchamel**
2. Melt butter in a medium saucepan on a medium heat.
3. Whisk in the flour and cook out for a minute. Add the milk gradually and cook out for approximately 5 minutes until it is smooth and thick.
4. Add the cheese and melt it in. Keep whisking at all times so the sauce does not stick to the pot.
5. Season with salt and pepper and set aside. **Note:** if holding sauce for longer than a few minutes, cover with some cling wrap pressed onto the sauce to not form a skin.

### For the assembly and cooking of the croquet:

1. Preheat the oven at 230°C.
2. Lay the bread slices in a single layer on a baking tray.
3. Brush each side with melted butter, then turn them over- butter side down- and spread the Dijon on the reverse side of 4 slices.
4. Spoon 2 generous Tblsp. of béchamel on each of the other 4 slice of bread. Place the shredded duck on top of one of béchamel.
5. Close the sandwich over and toast in the oven until the outside of the bread is golden brown and the béchamel is bubbling nicely.
6. Serve once done in the oven, nice and hot!

*Recipe courtesy of Chef Ian Curley*