



MUSHROOM PERSILLADE VOL AU VENTS WITH SHREDDED CONFIT OF DUCK



FROM EVERYDAY GOURMET WITH JUSTINE SCHOFIELD

Difficulty: Easy

Serves: 4

Cooking: 40 minutes

INGREDIENTS

4 medium sized vol au vent shells
2 Luv-A-Duck Ready Roasted Confit Duck Legs, heated and shredded finely
Olive oil
500g Selection of mushrooms (button, Swiss brown, enoki, chestnut etc.), finely chopped
2 cloves garlic, finely chopped
25g butter
¼ cup White wine
100 ml cream
juice and zest ½ a lemon
½ bunch of flat leaf parsley, finely chopped

METHOD

1. Heat the vol au vent shells in a 180°C oven for 10 minutes or follow packet directions.
2. Heat the olive oil and butter and add the mushrooms and garlic.
3. Sauté until golden. Now add white wine and reduce.
4. Add cream and reduce again.
5. Season with salt and pepper and add lemon juice. Finish off with the parsley.
6. Incorporate half of the shredded duck meat to the mushroom mixture.
7. Fill the vol au vents with the mushroom and duck.
8. Garnish with a little more of the duck.