



Confit Duck Blaa with apple relish and red cabbage sauerkraut

Servings: 4

INGREDIENTS

2 cooked confit Duck legs
150g Sauerkraut
4 Waterford Blaa or soft white Rolls
1/2 Granny smith apple, cut into julienne sticks
Squeeze of Lemon juice

FOR MUSTARD AND GRUYERE BECHAMEL

25g butter
20g flour
250ml milk
1 bay leaf
1 tsp Knorr chicken bouillon powder
2 tsp Colemans wholegrain mustard
1 tsp Colemans Dijon mustard
50g Gruyere cheese, grated
Salt and black pepper.

FOR THE APPLE SAUCE

1 Bramley apple, peeled, cored and sliced.
1 tbsp golden brown sugar
A splash of water
1 stick of cinnamon

METHOD

FOR THE BECHAMEL

Melt the butter over a low to medium heat. Add in the flour and cook for 2-3 minutes. Meanwhile heat the milk along with the bay leaf and whisk into the roux in two batches making sure there are no lumps. Add the Knorr chicken bouillon powder and the two mustards and continue to cook gently for another minute before removing from the heat and whisking in the cheese, salt and pepper. Allow to cool and refrigerate. This will happily keep for 4 – 5 days.

FOR THE APPLE SAUCE

Put the apples, sugar, cinnamon and water into a pot. Bring to a simmer for 10 minutes, stirring once or twice, breaking up the apples until the mixture has turned into a rough puree. Allow to cool and refrigerate, this will keep for 4-5 days. Set the oven to 180 deg. Cook the Duck legs for 20 mins until crisp and golden, drain off the fat and reserve for something else. Remove the bone from the duck then chop it lightly to mix in the crisp skin then keep hot. Julienne the apple and toss in a little lemon juice.

TO SERVE:

Toast the Blaas and spread generously with the Mustard and Gruyere bechamel on both sides. Heat the sauerkraut in microwave then put a tablespoon on the bottom half of the bun. Top with some apple sauce, the chopped Duck and apple sticks. Put the other half of the Blaa on top and serve.

TOP TIP:

You could simplify this dish by just by mixing the mustards into 250g of sour cream and placing a thin slice of Gruyere on top of the hot Duck

