



CHARDONS

FRIDAY - MAIN COURSE

Duck Confit / Vegetarian Lentil & Bean Bake **V/VG/LF**

Serves: 12 persons/1 person



Regular



Vegetarian



Recipe Ingredients

Duck

1 tin Confit duck

Mashed Potato

12 large Potatoes
 1 Orange, juice of
 250ml Milk Not suitable for LF/VG (see page 3)
 50g Butter Not suitable for LF/VG (see page 3)
 Salt and pepper to taste

Braised Red Cabbage

½ Red cabbage
 1L Water
 1L Orange juice
 1L Red wine
 Splash Red wine vinegar
 Salt and pepper

Carrots

6 large Carrots
 1tbsp Honey Not suitable for VG (see page 3)
 Salt and pepper to taste
 Chopped parsley

Jus

1L Port
 1 Orange, juice of

Recipe Ingredients

Vegetarian & Vegan Lentil & Bean Bake: Serves 6 VG/V/GF/LF

2 Onions finely chopped
 2 Tsp frozen garlic
 4 Carrots finely chopped
 300g Frozen mushrooms
 1 Tin of chopped tomatoes
 1 Tin of white beans



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- 1 Tbsp vegetable stock
 - 1 Glass of red wine
 - 1 Tbsp of mixed herbs
 - 1 Tsp caster sugar
 - 1 Tsp Grated Emmental for topping **VG**
- Sprinkle of chilli flakes, optional if your guests like spice.

Mashed potatoes – save some aside from the main course for veggie topping without milk or butter so suitable for **V/GF/LF**

Evening Preparation

4.00pm

- 673. Peel and cut the carrots, transfer into a saucepan, cover with cold water and place on a high heat.
- 674. Simmer for approx. 20 minutes until soft, then drain in a colander, cover and set aside ready for later.
- 675. Peel the potatoes and cut them into small chunks.
- 676. Wash them thoroughly in cold water, and then transfer into a large saucepan. Cover with water, cover and leave aside.
- 677. Cut the core out of the cabbage and dice thinly.
- 678. Place in a medium saucepan, then add water, juice, wine and vinegar. Cover and leave on the side.
- 679. Make sticky toffee pudding. Not suitable for **V/GF/LF**

4.45pm

- 680. Melt the fat inside the tin of duck by placing it in a warm oven on 150°C for 10-15 minutes and drain off the fat into a bowl. This is necessary as the duck is very fragile and will break up if you have to pull it away from the fat.
- 681. Prepare pastry for the Spinach & Blue Cheese Quiche
- 682. Put the quiche pastry into the oven.
- 683. Remove the duck tin from the oven.
- 684. Carefully pour the duck fat into a large glass bowl. Either save the fat for roasting potatoes on Sunday, or put in the fridge to set then throw away. Do not pour it down the drain as it will clog it.



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685. Carefully remove the duck legs from the tin and place them on a baking tray lined with greaseproof paper and cover until ready to roast.
686. Remove pastry from the oven.

5:00pm

687. Place the cabbage on a high heat, bring to the boil and simmer for approx. 2-2.5 hours until soft.

6.00pm

688. Put a medium saucepan on a high heat and add a splash of vegetable oil.
689. Once the pan gets hot, add the boiled carrots and cook them for 5 minutes until golden brown, stirring for an even colour.
690. Add a splash of honey (remove any portions for **V** before this), season with salt and pepper and finish off with some chopped parsley.
691. Transfer carrots into a small baking tray and warm up just before service.

Lentil Bake

6.15pm (start the vegetarian, vegan lentil and bean bake) **VG/V/GF/LF**

692. Pour a little oil in a large pan and set over a medium heat. Add the onions and cook gently for 5 minutes (if pre-thawed, longer if from frozen) until they begin to soften.
693. Add the garlic and cook for a further minute
694. Add the carrots, mushrooms, lentils, tomatoes, stock, red wine, dried mixed herbs and chilli flakes (if using).
695. Turn up the heat and let it bubble away for 20 minutes

6.30pm

696. Put the potatoes on a high heat and simmer for 20-25 minutes until soft.
697. Continue preparing the canapé.

6.35pm (when the vegetarian pie mix is ready) **VG/V/GF/LF**

698. Once the pie filling mixture has had its time, add the sugar. Let it bubble away for a further minute or two. If the sauce is too thick, add a little water, but if you think the sauce is too thin, then let it bubble away for a little longer. Taste it and adjust the seasoning to your liking.
699. Once the pie filling is ready add the baked beans and lentils (these go in at the last minute as they easily disintegrate and turn to mush), portion it into individual baking dishes depending on the number of vegetarians or



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vegans and then spoon the mash over the top, spreading it out & fluffing it up in places with a fork so that bits of it crisp up during baking.

700. Sprinkle with Emmental cheese. Not suitable for **V/LF**

7:00pm

701. Place the duck legs on the top shelf of the oven on 210°C and roast for approx. 30 minutes until the skin is golden and crispy.

702. Place carrots and on the middle shelf to warm up.

703. Pour a bottle of port into a saucepan. Add the juice of 1 orange and simmer on a medium heat until thick and reduced by 2/3.

704. Make starters for any **VG/V/GF/LF** guests and serve canapé.

7.15pm

705. Drain the cabbage in a colander. Place it back in the pan and season to taste. Cover with tin foil to keep warm.

706. Add milk and butter into a small saucepan and place on a medium heat till the butter has melted and the mixture is warm. Not suitable for **V//LF**

707. Drain the potatoes in a colander and transfer back into the pan.

708. Slowly add salt, pepper and juice of an orange and mash thoroughly with a potato masher until smooth and no lumps.

709. For **V/LF** guests, save a portion of mash on the side before adding milk and butter.

710. Add milk and butter into the potatoes and combine well. It should be a smooth consistency. Cover with tin foil to keep warm till ready to serve.

7.20pm

711. Bake the lentil and bean bake for 20minutes at 180°C until the mash goes a little crispy. **VG/V/GF/LF**

Chefs Tip

- ❋ Freeze whatever leftover vegetarian lentil and bean bake you have and use it the next time you have any vegetarians or vegans.



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To Serve

712. Add a neat portion of mash just off the centre of the plate, then place the red cabbage and carrots right next to it. Spoon approximately 2 tbsp. of jus over the veg and lay the leg of duck on top. Finish off with fresh parsley.
713. To serve the bean bake, set the portion dish on a dinner plate, along with a portion of cabbage and green beans. **VG/V/GF/LF**