



whitefriar grill

## Duck Shepard's Pie

### Ingredients

12 duck legs  
80g onions (peeled & diced)  
65g celery (diced)  
80g carrot (peeled & diced)  
60g celeriac (peeled & diced)  
8 cloves garlic (peeled)  
5 sprigs thyme  
1.5L Cabernet Sauvignon  
Maldon sea salt freshly ground pepper  
45mL (3 tbsp.) olive oil  
30g (2 tbsp.) tomato paste  
30g (2 tbsp.) flour  
750ml duck stock (or a mixture of chicken and beef)

### Method

- Trim excess fat from duck legs and place in large non-reactive dish. Add onion, celery, carrots, celeriac, garlic, thyme and wine. Cover and place in refrigerator overnight to marinate.
- Remove duck legs from marinade and pat dry with paper towels.
- Strain vegetables from marinade and set aside. Reserve marinade. Season duck legs with salt and pepper.
- Preheat oven to 185°C.
- Heat one tablespoon of olive oil in a large frying pan. Slowly brown duck legs all over. Remove from pan. Discard all but 4 tablespoons of duck fat.
- Transfer vegetables, garlic and thyme from marinade to pan. Sauté over medium heat until browned.
- Add tomato paste and flour and cook for 5 minutes. Add reserved marinade and cook until liquid reduced by two-thirds.
- Add stock, bring to the boil and skim. Place duck legs in large casserole dish and cover with sauce (reduced marinade and stock). Cook in oven for about 2 1/2 hours or until duck legs are tender.
- Remove duck legs and let them cool slightly. Remove fat from duck legs and shred meat. Reserve sauce and vegetables.
- Preheat oven to 200°C.
- Place duck meat in large bowl, combine with mushrooms and reserved vegetables. Add enough sauce to moisten this mixture.
- Place meat mixture in large oven proof gratin (or 8 individual gratins). Cover with carrot & parsnip gratin and sprinkle with Parmesan cheese.
- Bake in oven for 20 minutes, or until pie is piping hot and cheese is browned