

Buckwheat pancake, wild mushrooms en persillade, duck confit, comté cheese, greens

Recipe for 4 pers

Description

A recipe for a savory galette that will leave plenty of room for your imagination.

<https://www.ateliersetsaveurs.com/en/the-recipes/culinaries/detail/4624/buckwheat-pancakes>

Note

If you add cheese to a béchamel sauce, it's called a Mornay.

Ingredients

Béchamel, Comté cheese

- 25 Berries Butter
- 20 Berries Flour
- 250 Berries Milk
- 1 Pinch(es) Nutmeg
- 75 Gr Comté cheese

- Butter
- Salt and pepper
- Olive oil

Duck, mushroom

- 2 Unit(s) Confit duck leg
- 0.25 Lb Oyster mushroom
- 0.25 Lb Shiitake mushroom
- 0.50 Berries Button mushrooms
- 2 Clove(s) Chopped garlic
- 2 Tbsp Chopped parsley

- Butter
- Salt and pepper
- Olive oil

Mesclun salad

- 4 Handful(s) Mixed greens
- 1 Tsp Dijon mustard
- 3 Tbsp Red wine vinegar
- 2 Tbsp Canola oil
- 4 Tbsp Olive oil
- 0.50 Unit(s) Lemon juice
- 0.50 Unit(s) Lemon zests

- Butter
- Salt and pepper
- Olive oil

Preparation

- Preparation time **90 mins**
- Preheat your **Oven** at **400 F°**
- Resting time **30 mins**

Setting up

Peel and finely chop the garlic cloves.

Finely chop the parsley.

Rub mushrooms with damp cloth if necessary.

Tear the oyster mushrooms between your fingers, remove the tails from the Shiitake mushrooms, then slice them.

Béchamel, Comté cheese

Béchamel sauce

In another saucepan, melt the butter and add the sifted flour. Using a whisk, stir and bring to the boil, whisking constantly (roux), for about a minute. Then add the hot milk in two batches, continue whisking, make sure it boils gently, lower the heat and add the salt, pepper and nutmeg.

Mornay

Off the heat, add the grated cheese to the béchamel, mixing well. Make sure the seasoning is right.

Duck, mushroom

Duck

Vacuum-seal the legs and immerse them in a pan of simmering water for around 10 min.

Take them out of the bag, run your thumb under the skin and remove it completely. Remove the duck meat from around the thigh bone, taking care not to damage the small bones and cartilage. Using a fork, finish removing the flesh.

Mushrooms

Green salad

Whisk together all the ingredients for the vinaigrette in a bowl and season with salt and pepper.

Pour over salad just before serving.

Assembly

Étalez la sauce Mornay sur toute la surface de la galette, déposez le mix de canard et champignons, de manière à pouvoir rouler la galette par la suite.

Parsemez du Comté râpé sur les rouleaux de galette, passez-les au four chaud trois minutes avant de servir.

Sur le côté de votre assiette, déposez la verdure, déposez le rouleau de galette à la sortie du four.

Bon appétit!