

Croque Madame, duck, Mornay, perfect egg |

Recipe for 4 servings

Description

Based on a Parisian recipe, proposed with shredded duck and an egg with an ideal cooking.

Note

The eggs are perfect, at the end of their cooking time (1 hour), lower the temperature of the thermocirculator to 60C to keep them warm. Serve them quickly anyway.

Ingredients

Toast of country bread, duck, garnishes

- 4 Thick slice(s) Country bread
- 4 Tbsp Wholegrain mustard
- 1 Unit(s) Confit duck leg
- 100 Gr Onion
- 1 Unit(s) Green onion
- Butter
- Salt and pepper
- Olive oil

Mornay

- 25 Gr Butter
- 20 Gr Flour
- 250 Ml Milk
- 1 Pinch(es) Nutmeg
- 50 Gr Swiss cheese
- Butter
- Salt and pepper
- Olive oil

Perfect eggs

- 4 Unit(s) Egg
- Butter
- Salt and pepper
- Olive oil

Preparation

- Preparation time **45 mins**
- Preheat your **Oven/Grill** at **420 F°**

Setting up

Peel and chop the onion.

Chop the green onion on the bias (whistle).

Grate the cheese.

Duck Keep the legs vacuum-packed and plunge them into a pan of simmering water for about 10 minutes. Remove them from their bag, pass your thumb under the skin and remove it completely. Remove the meat from the duck around the thigh bone, be careful with the small bones and cartilage. Using a fork, finish shredding the meat.

Use the old fashioned mustard recipe

<https://www.ateliersetsaveurs.com/les-recettes/culinaires/detail/4402/moutarde-a-lancienne-maison>

Bread toast + garnish

Toast

In a hot pan with olive oil and butter, mark the slices of country bread. Make sure they are well browned on both sides.

Place them on a baking sheet, put them in the oven for 3 to 4 minutes before assembling the croque.

Garnish

In a hot skillet with oil, sauté the onions, making sure to caramelize them slightly.

Then mix the caramelized onions with the shredded duck, season if necessary.

Mornay

Bring the milk to a boil and keep it aside.

Béchamel

In another saucepan, melt the butter and add the sifted flour. Using a whisk, mix and bring to a boil without stopping to whisk (roux), for about 1 minute. Add the hot milk in two parts, continue to whisk, make sure it boils well, lower your heat, add salt, pepper and nutmeg.

Mornay

Add the grated cheese to the bechamel off the heat, mix well. Make sure the seasoning is right.

Perfect egg

Plunge the eggs delicately in the vacuum pan for 1 hour at 64C.

At the time to serve them, break them delicately and directly on the croque Madame.

Platting

On the country toast, generously spread the old-fashioned mustard. Place the duck flakes with caramelized onions on top. Generously coat with Mornay sauce, place under the broiler and, when you come out, delicately break a perfect egg on top.

Serve!

Bon appétit!