

CASSOULET

EQUIPMENT

MIXING BOWLS, LARGE CASSEROLE DISH, TONGS, STRAINER

INGREDIENTS

2 CONFIT DUCK LEGS, 2 TOULOUSE SAUSAGE, 500GM SLICED PORK BELLY, 300GM HARICOT BEANS,
2 DICED SHALLOTS, 2 DICE CELERY STICKS, 2 DICED CARROTS, 2 DICED RASHERS BACON,
150GM ROCK SALT, 6 BAY LEAVES, 2GM BLACK PEPPERCORNS, 6 SPRIGS THYME,
2LT CHICKEN STOCK, 150GM BREAD CRUMBS, DUCK FAT OR OLIVE OIL

METHOD

MIX SALT, 2 BAY LEAVES AND PEPPERCORNS IN A BOWL, SLICE THE PORK BELLY AND TOSS IN SALT MIX, COVER AND CURE FOR 6 HOURS, ONCE CURED WASH AND PAT DRY AND SET ASIDE

PLACE THE BEANS AND BAY LEAVES IN A BOWL AND COVER WITH COLD WATER AND REFRIGERATE OVERNIGHT

THE FOLLOWING DAY STRAIN THE BEANS AND HEAT THE CASSEROLE DISH OVER MEDIUM HEAT

ADD SOME DUCK FAT OR OLIVE OIL AND HEAT. ADD THE PORK BELLY AND SEAL ON BOTH SIDES UNTIL GOLDEN

ADD THE VEGETABLES TO THE PORK AND COOK FOR A FURTHER 4 MINS. THEN ADD THE SAUSAGE, THYME AND BEANS, STIR AND POUR OVER THE STOCK

ONCE BOILED ADD THE CONFIT DUCK LEGS AND SPRINKLE OVER HALF THE BREAD CRUMBS

PLACE IN A PRE-HEATED OVEN COMBI SETTING 140 DEGREES FOR 2.5 HOURS

REMOVE FROM THE OVEN SPRINKLE THE REMAINING BREAD CRUMBS AND RETURN TO THE OVEN FOR A FURTHER 30 MINS

REMOVE FROM THE OVEN ADD CHOPPED PARSLEY AND SERVE

HINTS & TIPS

- IF YOU CANNOT GET TOULOUSE SAUSAGE ASK YOUR BUTCHER FOR A PURE PORK SAUSAGE AS A REPLACEMENT
- YOU CAN BREAK UP THE DUCK LEGS AND REMOVE THE BONES, THIS IS A MIDDLE OF THE TABLE SHARED DISH, TRY TO SERVE A BIT OF EVERYTHING FOR EACH OF YOUR DINERS
- A LIGHT GREEN SALAD AND SOME BREAD AND BUTTER COMPLETE A ALMOST PERFECT PROVINCIAL FRENCH MEAL