



Recipe: Cassoulet

As prepared by Left Bank Directeur des Cuisines, Chef Joël Guillon

Cassoulet comes from “une cassole,” a clay cooking pot originating in Issel, a small village in Languedoc located in southwest of France and close to Castelnaudary and Toulouse.

The most popular cassoulets come from Castelnaudary, Toulouse, and Carcassonne. Castelnaudary cassoulet contains no lamb, while Carcassonne cassoulet contains twice as much lamb, by weight, as the Toulouse cassoulet.

Bon appétit!

4 servings

Ingredients:

Cassoulet base 1 lb
Panko bread crumbs 1 oz wt.
Duck confit 4 legs
Cassoulet base:
White lingot beans 1 lb
Pork butt, brined 1 lb
Toulouse Sausage (ou Basquaise) 1/2 lb
Saucisson à l’ail (or garlic saucisson) 1/2 lb
Onion, small dice 4 oz
Carrot, small dice 4 oz
Garlic, chopped 1 oz
Duck fat 2 oz
Slab Bacon (cut 3) 4 oz
Fresh or Canned plum tomatoes (diced) 4 oz
Black pepper
Bay leaf 1 each
Thyme 1/4 bunch

Clove 1 each

Chicken stock 1/4 gallon

Recipe: Method for Cassoulet

1. Brown the bacon in two large braising pans with a little duck fat.
2. Add pork butt (medium dice and brined for 48 hours) and cook until golden brown.
3. Add sausage that has been blanched in cold water and bring to a boil.
4. Add onions, carrot, and heat until translucent.
5. Add chopped garlic.
6. Add beans that have been soaked overnight, one whole onion, clove diced tomato, Saucisson a l'ail, and chicken stock. Cook in oven at 300³/₄ for about 2 hours, until beans are tender. Refrigerate when cold.
7. Remove all meat before completely cooked. Note, all meats cook at different rates.
8. Cut Saucisson a l'ail into 1/2 inch pieces.
9. In a pig head dish, display a layer of cooked beans, then slab bacon, Saucisson a l'ail, whole duck leg confit, Basquaise sausage, the pork butt, and another layer of cooked beans
10. Refrigerate.
11. Top the cassoulet with a mixture of breadcrumbs, chopped garlic, and chopped thyme. Finish in a 325³/₄ preheat oven for about 8 to 10 minutes.

The cassoulet top should have a nice brown color.