



RECIPE FOR CASSOULET



PREPARATION

- The day before preparing, place the dried beans to soak in water.
- The next day, drain the beans and pat dry in a clean tea towel.
- Preheat the oven to 180°C. Peel the carrots, two cloves of garlic and an onion, studding it with the clove. Chop the carrots and garlic.
- Place the carrots, garlic, onion, tied-together pork rind, a bouquet garni, a tomato, the pork belly and beans in a Dutch oven. Cover with cold water and bring to the boil. Then cover with a lid and simmer over low heat for 1½ hours.

- Peel and slice the remaining onions and 2 cloves of garlic. Melt the duck fat in a second Dutch oven and brown the shoulder of lamb. Remove and sauté the onion and garlic for 2 to 3 min then return the lamb to the pot along with a bouquet garni and a tomato. Season. Add 4 ladlefuls of the cooking liquid from the first pot and cold water to cover. Let simmer for 30 min over medium heat.

- Slice the garlic sausages and brown in a greased frying pan. In the same pan, sauté the Toulouse-style sausages then add both sausages to the second Dutch oven and let simmer another 10 minutes.

- When the beans are cooked, drain them, reserving the cooking liquid. Cut the meat into pieces. Rub an ovenproof gratin dish with a clove of garlic.

- Transfer half of the beans to the gratin dish, top with a layer of meat and the duck legs, pour over some of the cooking liquid, add the rest of the beans and sprinkle with 20 g of the breadcrumbs. Bake for 15 minutes then break up and stir the breadcrumb crust back into the cassoulet. Repeat 6 times every 15 minutes until you have 7 layers of breadcrumbs.



2 ½ HOURS / LEVEL



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www.les-jamelles.com



contact@les-jamelles.com • 1 Route des Corbières - 11 800 Monze - France





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Shopping list

INGREDIENTS

- 400 g dried white beans
 - 200 g pork belly
 - 20 g pork rind
- 300 g shoulder of lamb
- 4 Toulouse-style sausages
 - 300 g garlic sausage
 - 4 confit duck legs
 - 200 g carrots
- 140 g breadcrumbs
 - 2 tomatoes
 - 100 g onions
- 5 cloves garlic (1 for rubbing the dish)
 - 2 bouquet garnis
 - 1 clove
- 1 Tbsp fat from the confit duck
 - Salt, Pepper

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