

Chef from the Hood Recipes



Chef:

Dan Berman, Culinary Director

Restaurant:

What's Cooking at Fiesta & Pacific Markets

Recipe:

Cassoulet! ...a delicious, hot meal in a bowl!

Popular in Provence and other small towns in the Southwest of France, there are many variations of this hearty dish. But you'll always find duck confit, white beans and inexpensive cuts of meat in the classic versions.

Ingredients:

- ♦ 4 & 1/2 cups dried white beans (navy, great northern are good)
- ♦ 12 to 16 oz. duck leg confit - take ours home (we have it to-go!) or make your own; recipe at www.fiestamkt.com or pick up a copy at either store
- ♦ 1 white onion
- ♦ 5 whole cloves
- ♦ 1/2 cup rendered duck fat from the confit (if there's not enough duck fat to yield 1/2 cup, add olive oil to fat until you have 1/2 cup total)
- ♦ 1 carrot peeled & coarsely chopped
- ♦ 2 stalks of celery peeled & coarsely chopped
- ♦ 1/3 cup (3 ounces) peeled garlic cloves
- ♦ 1/2 pound piece of un-sliced pancetta or bacon cut into 1/2 inch cubes
- ♦ 10 and 1/2 cups veal stock or a good beef stock
- ♦ 1/2 pound smoked ham hock
- ♦ 2 large tomatoes cut into quarters
- ♦ 1 bouquet garni (1 tablespoon whole black peppercorns, a few sprigs thyme & a few bay leaves tied inside a small piece of cheesecloth)
- ♦ 1/2 teaspoon Kosher salt
- ♦ 1 tablespoon whole black peppercorns
- ♦ 2 tablespoons olive oil
- ♦ 2 pounds boneless lamb shoulder cut into 1" cubes
- ♦ 1 cup dry white wine
- ♦ 1 pound cooked pork sausage
- ♦ 1/2 cup bread crumbs

Recipe serves 8 to 10

Preparation:

1. Prepare the duck leg confit and set aside. (Or buy our duck confit to-go at Fiesta & Pacific Markets).
2. Sort beans, discarding any bad beans, place in a large bowl, fill with water and allow beans to soak overnight. The next day, drain beans well, rinse and set aside.
3. Cut the onion in half, chop half of it and stud the other half with the 5 cloves.
4. Warm the fat over high heat in a large, heavy bottomed saucepan or stockpot.
5. Add the carrot, celery, chopped onion, garlic and pancetta or bacon. Sauté until vegetables start to color and soften, about 5 minutes.

6. Add the soaked beans, 8 cups of the stock, water, the clove studded onion half, ham hock, tomatoes, bouquet garni, salt. Add water anytime if liquid is needed to keep the pot contents from getting too thick. Bring to a boil.
7. Reduce heat to medium, cover and simmer until beans are tender but not mushy, about 1 hour.
8. In a separate large sauté pan over high heat, warm olive oil. Working in batches, add lamb and sauté until meat begins to brown, about 5 minutes.
9. Using a slotted spoon, transfer meat to a plate and set aside. Pour off fat from pan and return pan to high heat.
10. Add wine and de-glaze by stirring to dislodge any browned bits from pan bottom.
11. Return lamb to pan, add remaining veal stock and bring to a boil. Reduce heat to medium and simmer until lamb is tender, about 45 minutes.
12. Remove and discard the clove studded onion and bouquet garni from the bean mixture.
13. Preheat oven to 400 degrees.
14. Add duck legs from the confit, lamb shoulder and sausage to the beans. Bring to a boil, boiling for about 3 minutes, stirring gently to blend flavors.
15. Transfer contents of pot to a large, heavy bottomed baking dish, distributing the meats evenly (remove any loose bone fragments). Sprinkle breadcrumbs evenly over top.
16. Bake until top browns, about 20 minutes.
17. Serve immediately.

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