



# ALPHA OMEGA

## Cassoulet

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Yield: Serves 4

### *Beans*

#### Ingredients:

- 3 cups white beans (dried)
- 3 springs thyme
- 5 parsley stems
- 2 bay leaf
- 6 garlic cloves
- 1 tsp. black peppercorns
- 1 2-inch piece cheesecloth
- 1 carrot, cut in half
- 1 onion, cut in half
- 2 tbsps. salt
- ¼ cup red wine vinegar



#### Method:

- Soak the beans overnight in 8 cups of water. Drain the water
- Place thyme, parsley stem, peppercorns, bayleaf and garlic in the cheesecloth. Wrap the cloth to completely encase all of the ingredients, tie it and place it in a pot with the beans
- Cover the beans with 10 cups of water, add the carrot & onion and bring the water to a simmer
- Cook the beans at a low simmer for about an hour or until the beans are completely tender (taste a few)
- Once the beans are tender you are going to season the liquid with salt and vinegar let the beans cool in their cooking liquid until you are ready to complete the cassoulet



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### *Cassoulet*

#### Ingredients:

- 2 tbsps. duck fat or olive oil
- 4 duck confit legs
- 1 duck bacon (smoked duck breast)
- 4 links of garlic sausage (cooked & thick sliced)
- 1 leek sliced thin
- 1 cup butternut squash peeled & diced
- 1 cup carrots peeled & diced
- 1 cup turnip peeled & diced
- 2 tbsps. tomato paste
- 2 cups chicken stock
- 1 cup toasted breadcrumbs

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#### To Assemble the cassoulet:

- In a pot heat the duck fat and add the duck bacon and sausage. Cook for 2 minutes to get some color then remove them from the pan
- Add the carrots, butternut squash, leek, & turnip to the pot. Season with salt and pepper
- Cook for about 3 minutes stirring frequently. You want a little color on the vegetables but not too dark
- Add the tomato paste and continue to cook for 2 minutes to toast the tomato paste and completely coat the vegetables
- Drain the beans reserving some of the liquid
- Add the drained beans to the vegetables and stir very gently to not break up the beans
- Add the sausage and duck breast back to the beans and season
- Add the chicken stock and bring to a simmer, cook until the vegetables are tender, about 10 minutes. Cook until most of the liquid has been absorbed and there is a thickness to beans and vegetable add chopped parsley
- While the vegetables are cooking in a sauté pan, heat remaining duck fat or oil & sear the duck legs on the skin until the skin is golden brown. Flip the legs and place in a 350-degree oven until they are hot about 6 minutes. (you can also just remove the bones from the duck leg, pick the meat and heat the meat in the pan)

#### To Complete:

- Spoon the bean stew into a bowl and top with the toasted breadcrumbs.
- Take the duck confit and place it on top of the beans and add more breadcrumbs and chopped parsley

*Enjoy!*