

Recipe: Un Cassoulet

Un cassoulet is a southern French white bean and meat stew. It's a very hearty dish that's good on a cold day. Variations exist, but this recipe is a traditional version.

Les ingrédients

400g of white beans

1 tube sausage

4 pork spare ribs

4 duck legs

garlic, thyme, bay leaf

breadcrumbs



La préparation

1. Soak the beans overnight in cold water.
2. With a strainer, drain the beans. Place them in a pan and cover with unsalted cold water. Add 5 cloves of garlic, some thyme, and a bay leaf. Let it cook for a half an hour just up to boil.
3. While the beans are cooking, cook the pork spare ribs in a pan. Once they're finished and in the same pan, cook the sausage. Finally, cook the duck legs. If you're getting the legs from a can, make sure to wash off all the fat before cooking.
4. Preheat the oven to about 230°F.
5. To construct the cassoulet, add a layer of the beans without its water. For the next layer, add some meat. Continue until you reach the top of the baking pan. Add salt and pepper if you feel the need. Add in some of the water from the beans.
6. Sprinkle breadcrumbs on top.
7. Bake in the oven for 3 hours.