

CASSOULET

Ingredients:

- 1 lb. dry navy beans
- 1/2 lb. bacon
- 2 carrots, sliced
- 1 whole onion
- 2 whole cloves
- 1 Tbsp. parsley, minced
- 1 Tbsp. basil, minced
- 1 sprig of thyme¹
- 1 tsp. salt
- 1/2 tsp. pepper
- 1 lb. lamb roast
- 1 lb. pork tenderloin
- 2 Tbsp. goose fat²
- 1 lb. Toulouse sausages³
- 2 onions, chopped
- 2 shallots, minced
- 8 garlic cloves, minced
- 2-3 tomatoes, chopped
- 1 Tbsp. tomato paste

In a large pot, cover the beans with cold unsalted water. Bring to a boil, and boil for 15 min. In another pan, brown the bacon for 5 min. and reserve the fat.² Drain it. Cut into pieces and add to the beans along with the parsley, thyme, basil, carrots, and onion into which the cloves have been stuck. Add half the salt and pepper. Continue to simmer 30 min. more.

Brown the pork whole and then the lamb in another large pot in 2 Tbsp. goose fat.² Remove the meat and add the shallots, the other 2 onions, and the minced garlic. Finally, add the tomatoes, the tomato paste, and the rest of the salt and pepper. Return the meat to the pan and cover with the beans and their cooking liquid. Add boiling water, if necessary, to cover. Cover the pot, and cook over low heat for 1 hour.

Remove the meat and cut into pieces. Cut up the sausage. In a large ovenproof dish, layer the beans and meat. Sprinkle with bread crumbs. Cook in a 325-degree oven for 1 hour. Serves 10.

ACTIVITIES

1. Search on-line for other *cassoulet* recipes. Can you find versions for Castelnaudary, Toulouse, and Carcassonne? How are they different?
2. Search on-line for examples of kinds of sausage? What kinds do you find? Where do they come from?
3. What is the difference between *saucisse* and *saucisson*?
4. What types of beans can be found in your supermarket? Where do they come from?
5. Do you know of any other dishes based on beans? Why are beans important to cooking?

Notes

¹ If you use powdered thyme, use 1/2 tsp.

² It is difficult to find goose fat commercially. If you can't find it, lightly brown the bacon instead of boiling it and use the bacon fat to brown the other meats.

³ If you can't find Toulouse sausages commercially, you can substitute Italian sausage.