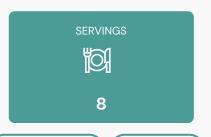


Cassoulet

airy Free



3 parsley fresh chopped





LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

2 cups beef broth
O.5 teaspoon pepper black
0.3 teaspoon peppercorns whole black
2 cups breadcrumbs fresh (preferably from a baguette)
14 oz canned tomatoes with juice finely chopped canned
3 inch celery cut into thirds
4 duck confit legs

	6 large cloves garlic finely chopped	
	1 tablespoons olive oil (if necessary)	
	0.8 lb onion chopped	
	1 lb kielbasa smoked cooked	
	1.5 teaspoons salt	
	3 thyme sprigs fresh	
	1 tablespoon tomato paste	
	1 bay leaves	
	8.3 cups water cold	
	1 lb navy dried white (preferably Great Northern)	
Equipment		
	bowl	
	frying pan	
	paper towels	
	ladle	
	oven	
	pot	
	casserole dish	
	slotted spoon	
	colander	
	cheesecloth	
Directions		
	Cover beans with cold water by 2 inches in a large bowl and soak 8 to 12 hours.	
	Drain in a colander.	
	Transfer beans to a 6- to 8-quart pot and bring to a boil with 8 cups cold water, broth, tomato paste, onion, and 2 tablespoons garlic. Put celery, thyme, bay leaf, cloves, parsley sprigs, and peppercorns in cheesecloth and tie into a bundle with string to make a bouquet	

garni.
Add bouquet garni to beans, then reduce heat and simmer, uncovered, until beans are almost tender, 45 minutes to 1 hour. Stir in tomatoes with juice and simmer until beans are just tender, about 15 minutes more.
Remove all skin and fat from duck legs and cut skin and fat into 1/2-inch pieces. Separate duck meat from bones, leaving it in large pieces, and transfer meat to a bowl.
Add bones to bean pot.
Cook duck skin and fat with remaining 1/4 cup cold water in a 10-inch heavy skillet over moderate heat, stirring, until water is evaporated and fat is rendered, about 5 minutes. Continue to cook, stirring frequently, until skin is crisp, 3 to 6 minutes more.
Transfer cracklings with a slotted spoon to paper towels to drain, leaving fat in skillet. (You should have about 1/4 cup fat; if not, add olive oil.)
Brown sausage in batches in fat in skillet, then transfer to bowl with duck meat, reserving skillet.
Preheat oven to 350°F.
Add remaining tablespoon garlic to fat in skillet and cook over moderate heat, stirring, 1 minute. Stir in bread crumbs and cook, stirring, until pale golden, about 2 minutes.
Remove from heat and stir in chopped parsley, 1/2 teaspoon salt, 1/4 teaspoon pepper, and cracklings.
Remove bouquet garni and duck bones from beans and discard, then stir in kielbasa, duck meat, remaining teaspoon salt, and remaining 1/4 teaspoon pepper.
Ladle cassoulet into casserole dish, distributing meat and beans evenly. (Meat and beans should be level with liquid; if they are submerged, ladle excess liquid back into pot and boil until reduced, then pour back into casserole dish.)
Spread bread crumb topping evenly over cassoulet and bake, uncovered, in lower third of oven, until bubbling and crust is golden, about 1 hour.
* Available at some butcher shops and D'Artagnan (800-327-8246).
• Cassoulet can be assembled (but not baked) 1 day ahead. Cool casserole before adding topping, then top and chill, loosely covered.
Let stand at room temperature 30 minutes before baking.

Nutrition Facts

Properties

Glycemic Index:42.63, Glycemic Load:2.56, Inflammation Score:-9, Nutrition Score:31.983478411384%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Kaempferol: 2.22mg, Kaempferol: 2.22mg, Kaempferol: 2.22mg, Kaempferol: 2.22mg, Myricetin: 0.1mg, Myri

Nutrients (% of daily need)

Calories: 726.43kcal (36.32%), Fat: 30.13g (46.36%), Saturated Fat: 9.23g (57.67%), Carbohydrates: 63.6g (21.2%), Net Carbohydrates: 51.82g (18.84%), Sugar: 7.15g (7.94%), Cholesterol: 138.01mg (46%), Sodium: 1554.6mg (67.59%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 50.18g (100.36%), Manganese: 1.53mg (76.69%), Folate: 267.4µg (66.85%), Selenium: 44.28µg (63.25%), Iron: 10.9mg (60.58%), Vitamin B1: 0.86mg (57.22%), Vitamin B3: 10.21mg (51.06%), Fiber: 11.79g (47.15%), Potassium: 1486.12mg (42.46%), Copper: 0.85mg (42.26%), Magnesium: 147.92mg (36.98%), Phosphorus: 334.84mg (33.48%), Zinc: 3.85mg (25.69%), Calcium: 247.47mg (24.75%), Vitamin B6: 0.49mg (24.41%), Vitamin B2: 0.33mg (19.67%), Vitamin K: 16.1µg (15.33%), Vitamin C: 11.86mg (14.38%), Vitamin B12: 0.69µg (11.54%), Vitamin B5: 1.05mg (10.48%), Vitamin E: 1.12mg (7.46%), Vitamin A: 196.57IU (3.93%)