



## Cassoulet

 Dairy Free

READY IN



720 min.

SERVINGS



8

CALORIES



726 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 cups beef broth
- 0.5 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
- 3 parsley fresh chopped

- 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



■ PROTEIN 27.63% ■ FAT 37.34% ■ CARBS 35.03%

## 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, Isorhamnetin: 2.13mg Kaempferol: 2.22mg, Kaempferol: 2.22mg, Kaempferol: 2.22mg, Kaempferol: 2.22mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 8.68mg, Quercetin: 8.68mg, Quercetin: 8.68mg, Quercetin: 8.68mg

## 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: 0g (100%), Alcohol %: 0% (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%)