



 **66%**
HEALTH SCORE

Cassoulet

 Dairy Free  Very Healthy

READY IN



300 min.

SERVINGS



8

CALORIES



922 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black
- 0.5 teaspoon peppercorns black
- 1.5 lb pork shoulder boneless cut into 1/2-inch-thick slices
- 1.5 cups breadcrumbs fresh (from a baguette)
- 3.7 cups navy dried white picked over rinsed
- 1 carrots cut into 1/2-inch pieces
- 8 duck confit legs
- 2 tablespoons parsley fresh chopped

- 2 sprigs parsley fresh
- 5 sprigs thyme sprigs fresh
- 1 tablespoon garlic minced
- 2 tablespoons garlic clove halved finely chopped
- 2 tablespoons olive oil
- 2 onion chopped
- 0.5 teaspoon salt
- 1 bay leaves
- 4 qt water

Equipment

- bowl
- frying pan
- oven
- pot
- roasting pan
- tongs
- colander
- cutting board
- cheesecloth
- kitchen twine

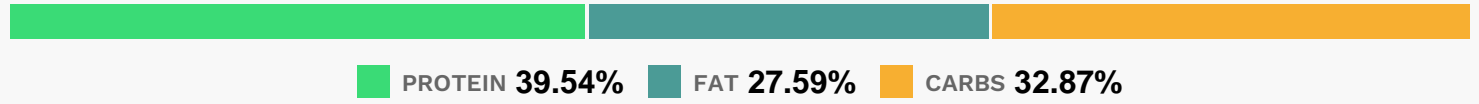
Directions

- Cover beans with cold water by 2 inches in a bowl and soak at room temperature at least 8 and up to 24 hours, or quick-soak (see cooks' note, below).
- Drain well in a colander.
- Make a bouquet garni by wrapping parsley, bay leaf, cloves, peppercorns, and 2 sprigs thyme in cheesecloth and tying with kitchen string, then put in a 5- to 6-quart heavy pot along with pork shoulder and water (4 quarts). Simmer, uncovered, skimming froth occasionally, 1 1/4 hours.

- Add beans, onions, carrot, and chopped garlic and simmer, uncovered, stirring occasionally, until beans are just tender, about 45 minutes.
- While beans simmer, put oven rack in middle position and preheat oven to 375°F. Straddle roasting pan across 2 burners and heat 1 tablespoon oil in roasting pan over moderately high heat until hot but not smoking, then brown duck legs, turning occasionally to brown skin and meat all over, about 10 minutes.
- Transfer duck legs with tongs to a platter as browned.
- Pour off all but 2 tablespoons fat from roasting pan, then reduce heat to moderately low and cook halved garlic cloves, stirring, until fragrant, about 1 minute.
- Remove from heat.
- Drain bean and pork mixture in a colander set over a large bowl (discard bouquet garni). Stir salt and pepper into broth in bowl and reserve.
- Spread bean and pork mixture in roasting pan (with garlic halves), then nestle duck legs, skin sides up, in mixture.
- Add remaining 3 sprigs thyme and 6 cups reserved broth (liquid should come up around base of duck legs; reserve remaining broth, covered and chilled, for reheating if making dish ahead, or for another use).
- Bake, uncovered, 30 minutes.
- While cassoulet bakes, heat remaining tablespoon oil in a 10-inch heavy skillet over moderately high heat until hot but not smoking. If necessary, halve sausage crosswise to fit in skillet, then brown, turning occasionally, about 3 minutes.
- Transfer to a cutting board and cool slightly. When sausage is cool enough to handle, halve pieces lengthwise, then cut crosswise into 1/2-inch-thick slices.
- Nestle sausage into cassoulet and bake, uncovered, 30 minutes more.
- Let stand 10 minutes. Gently stir beans, mashing some with back of spoon, to thicken broth before serving.
- Cook garlic in oil in cleaned 10-inch skillet over moderate heat, stirring, until fragrant, about 1 minute.
- Add bread crumbs, salt, and pepper and cook, stirring, until crumbs are crisp and golden, about 3 minutes.
- Transfer to a small bowl and stir in parsley.
- Serve cassoulet with crumb topping.

- To quick-soak beans, cover dried beans with cold water by 2 inches in a 4- to 5-quart pot. Bring to a boil and cook, uncovered, over moderate heat 2 minutes.
- Remove from heat and soak beans, uncovered, 1 hour.·Cassoulet can be made 3 days ahead and cooled completely, uncovered, then chilled, covered. Reheat, covered, in a preheated 350°F oven 30 minutes. If beans have soaked up the liquid, add some of reserved broth before reheating.

Nutrition Facts



Properties

Glycemic Index:38.35, Glycemic Load:1.17, Inflammation Score:-10, Nutrition Score:48.259565249733%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Apigenin: 2.71mg, Apigenin: 2.71mg, Apigenin: 2.71mg, Apigenin: 2.71mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 3.37mg, Kaempferol: 3.37mg, Kaempferol: 3.37mg, Kaempferol: 3.37mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 922.05kcal (46.1%), Fat: 28.01g (43.09%), Saturated Fat: 7g (43.75%), Carbohydrates: 75.11g (25.04%), Net Carbohydrates: 59.17g (21.52%), Sugar: 4.78g (5.31%), Cholesterol: 247.68mg (82.56%), Sodium: 575.48mg (25.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 90.31g (180.63%), Selenium: 77.09µg (110.13%), Manganese: 2.01mg (100.53%), Vitamin B3: 20.07mg (100.33%), Folate: 389.91µg (97.48%), Iron: 15.36mg (85.35%), Vitamin B1: 1.17mg (78.29%), Fiber: 15.94g (63.75%), Potassium: 2114.56mg (60.42%), Copper: 1.14mg (56.78%), Magnesium: 218.04mg (54.51%), Phosphorus: 523.97mg (52.4%), Vitamin B6: 1.02mg (50.9%), Vitamin B2: 0.63mg (37.19%), Zinc: 5.53mg (36.84%), Calcium: 316.77mg (31.68%), Vitamin K: 30.8µg (29.33%), Vitamin A: 1412.09IU (28.24%), Vitamin B5: 1.71mg (17.09%), Vitamin B12: 0.81µg (13.51%), Vitamin C: 8.68mg (10.52%), Vitamin E: 0.85mg (5.69%)