



## Raymond Blanc's cassoulet

READY IN



330 min.

SERVINGS



4

CALORIES



1046 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 140 g beef
- ☐ 140 g bacon smoked
- ☐ 300 g garlic
- ☐ 600 g jicama dried
- ☐ 1 celery stalks
- ☐ 1 small onion white
- ☐ 1 large carrots
- ☐ 6 garlic clove
- ☐ 2 plum tomatoes ripe

- ☐ 25 g olive oil
- ☐ 1 bouquet garnic
- ☐ 8 pinches sea salt
- ☐ 2 pinches pepper black freshly ground
- ☐ 1 clove accompaniment: lightly whipped cream crushed
- ☐ 2 tsp juice of lemon
- ☐ 4 duck confit legs
- ☐ 60 g olive oil
- ☐ 40 g breadcrumbs dried
- ☐ 1 garlic clove finely chopped
- ☐ 1 handful parsley fresh coarsely chopped

## Equipment

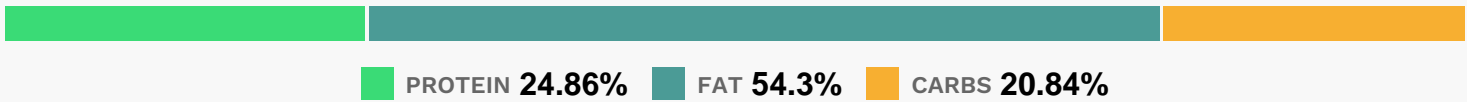
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ colander

## Directions

- ☐ To cut the meats, roll up the pork rind like a Swiss roll. With the seam underneath, use a very sharp knife to cut the roll across into thin slices, then chop the rolled-up slices across into dice. Chop the bacon into small cubes (lardons).
- ☐ Cut the garlic sausage into 1cm thick slices.
- ☐ Drain the soaked beans and discard the soaking water. Tip the beans into a large saucepan, add the diced pork rind and lardons and cover with fresh cold water. Bring to the boil and blanch for 15–20 minutes.
- ☐ Drain the beans, rind and lardons into a colander, and discard the cooking water.
- ☐ Roughly chop the celery, onion and carrot. Peel the garlic cloves but leave them whole.

- ☐ Cut each tomato into eight wedges. (You never see tomatoes in a traditional cassoulet, but chef Raymond Blanc likes them for their colour and sweetness, so he puts a couple in.)  
Preheat the oven to 120C/fan 100C. (If cooking in a gas oven, use mark 2.)
- ☐ Heat the goose fat or olive oil in a 26cm flameproof casserole or deep overproof saut pan over a low heat and sweat the celery, onion, carrot and garlic for 5 minutes.
- ☐ Add the tomatoes and bouquet garni and cook slowly to get a sugary caramelisation (about 5 minutes).
- ☐ Add the sausage, beans, pork rind and lardons and pour in 1.2 litres/2 pints water. Bring to the boil, skim off the scum, then add the salt, pepper, clove and lemon juice.
- ☐ Transfer the casserole to the oven and cook, uncovered, for 2 hours, stirring every hour. At the end of this time, the beans will be soft and creamy in texture and the juices should have thickened. You may need to cook it for longer than 2 hours (say up to 2 hours) to get to this stage it depends
- ☐ Remove the cassoulet from the oven. Bury the duck legs in the beans and sprinkle over the goose fat or olive oil, breadcrumbs and garlic. Return to the oven and cook for a further 2 hours.
- ☐ Serve the cassoulet in bowls, sprinkled with chopped parsley.

## Nutrition Facts



## Properties

Glycemic Index:78.21, Glycemic Load:9.67, Inflammation Score:-10, Nutrition Score:40.16434797515%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 2.33mg, Apigenin: 2.33mg, Apigenin: 2.33mg, Apigenin: 2.33mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg Quercetin: 5.18mg, Quercetin: 5.18mg, Quercetin: 5.18mg, Quercetin: 5.18mg

## Nutrients (% of daily need)

Calories: 1045.71kcal (52.29%), Fat: 63.37g (97.49%), Saturated Fat: 15.73g (98.34%), Carbohydrates: 54.72g (18.24%), Net Carbohydrates: 42.46g (15.44%), Sugar: 6.78g (7.54%), Cholesterol: 244.94mg (81.65%), Sodium:

1332.27mg (57.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 65.27g (130.53%), Manganese: 1.87mg (93.68%), Selenium: 65.15µg (93.07%), Vitamin C: 68.66mg (83.22%), Vitamin B3: 14.92mg (74.58%), Vitamin A: 3694.95IU (73.9%), Vitamin B6: 1.39mg (69.64%), Iron: 10.47mg (58.15%), Vitamin K: 60.06µg (57.2%), Fiber: 12.25g (49.01%), Phosphorus: 303.32mg (30.33%), Vitamin E: 4.48mg (29.89%), Vitamin B1: 0.44mg (29.5%), Calcium: 294.58mg (29.46%), Potassium: 957.83mg (27.37%), Zinc: 3.46mg (23.1%), Copper: 0.46mg (22.79%), Magnesium: 73.58mg (18.39%), Vitamin B2: 0.29mg (16.89%), Vitamin B12: 0.96µg (15.98%), Folate: 57.01µg (14.25%), Vitamin B5: 1.22mg (12.21%), Vitamin D: 0.17µg (1.17%)