

cassouletTraditionnel

Ingredients:

- 1 kg of dried white beans (Cassoulet beans)
- 500g of pork belly, cut into cubes
- 300g of smoked sausage (Mortadella or similar)
- 200g of duck confit
- 1 onion, finely chopped
- 2 carrots, finely chopped
- 2 stalks of celery, finely chopped
- 100g of tomato paste
- 2 bay leaves
- 10 black peppercorns
- Salt to taste

Preparation:

- Soak the beans in water overnight.
- Drain the beans and rinse them.
- Preheat the oven to 180°C (350°F).
- In a large pot, sauté the onion, carrots, and celery in oil until softened.
- Add the tomato paste and cook for a few minutes.
- Add the pork belly, sausage, and duck confit to the pot.
- Add the bay leaves and peppercorns.
- Add the soaked beans and cover with water.
- Bring to a boil and then simmer for 2 hours.
- Adjust the seasoning with salt.

Serving:

Cassoulet is traditionally served with a slice of crusty bread and a glass of red wine.