



Cassoulet au confit de canard

A French slow cooked casserole containing duck confit, sausages and beans.

Ingredients:

1 onion diced
1/2 lb bacon (duck or turkey)
1 TBS duck fat
5 cloves garlic, minced
2 quarts chicken stock
1 lb northern beans or navy beans
3 sprigs thyme
4 duck legs confit
5 andouille chicken sausages (replace with chicken Italian sausages or smoked turkey sausage)
Fresh parsley

Directions:

Soak beans according to their packaging.

In a dutch oven over medium heat, brown the bacon for 2 minutes. Add the diced onions and sauté for about 3 minutes, add garlic and sauté an additional 2 minutes or until the onions are nearly translucent. Add the thyme, drained beans and chicken stock and bring to a simmer. Simmer for 2 hours or until a significant amount of the broth has been absorbed.

Preheat oven to 300F

Add duck meat and sliced sausages. If transferring to a casserole dish, do that now and place in the oven for an additional hour or two. You can continue to cook in the dutch oven, provided it is oven safe. Cook an additional 1-2 hours or until desired consistency is achieved.

Garnish with fresh chopped parsley.