



HARRINGTON'S  
TASTY RECIPES



## Cassoulet avec Harrington's Toulouse Sausages and Harrington's Streaky Bacon

This traditional rich, slow-cooked casserole from the South of France is named after the earthenware pot that the locals cook it in. Harrington's Toulouse Sausage has just the right blend of 100% prime New Zealand pork, fresh garlic cloves and pistachios for an authentic French flavour. And they're gluten free. Add Harrington's sensational Streaky Bacon and you've got a beautiful warming dish, with or without the earthenware pot. C'est superbe.

### Ingredients

- 300g Harrington's Fresh Toulouse sausages
- 100g Bacon lardons cut from Harrington Streaky Bacon
- 25g goose fat or 2 tbsp olive oil
- 1.2 lts of light chicken stock
- 8 pinches of sea salt
- 2 pinches of freshly ground black pepper
- 2 tsp lemon juice
- 600g dried haricot bean, soaked overnight in 3 times their volume of water
- 1 celery stick
- 1 small onion preferably white
- 1 large carrot
- 6 garlic cloves
- 2 ripe plum tomatoes

### To finish

- 4 confit duck legs
- 60g goose fat or 2 tbsp olive oil
- 40g dried breadcrumb
- 1 garlic clove, finely chopped
- A handful of fresh flat leaf parsley, coarsely chopped

### Directions

1. Cut the bacon into small cubes (lardons). Cut the garlic sausage into 1cm slices.
2. 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 and lardons into a colander, and discard the cooking water.
3. Roughly chop the celery, onion and carrot. Peel the garlic cloves but leave them whole. Cut each tomato into eight wedges. Preheat the oven to 120C/fan 100C. (If cooking in a gas oven, use mark 2.)
4. Heat the goose fat or olive oil in a 26cm flameproof casserole or deep ovenproof sauté pan over a low heat and sweat the celery, onion, carrot, and garlic for 5 minutes. Add the tomatoes and cook slowly to get a sugary caramelisation (about 5 minutes). Add the sausage, beans, and lardons and pour in 1.2 litres light chicken stock. Bring to the boil, skim off the scum, then add the salt, pepper, clove and lemon juice.
5. Transfer the cassoulet 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 1/2 hours) to get to this stage - it depends.
6. 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.