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## Haricot Tarbais Bean Cassoulet



Originating in the South of France, Cassoulet is a traditional, slow-cooked casserole named after its' cooking vessel the 'cassole' – a deep, round earthenware pot. Cassoulet typically contains meats such as duck, goose and pork, along with regional Haricot Tarbais Beans from the city of Tarbes. Specifically, the towns of Toulouse, Carcassonne, and Castelnaudary in the Languedoc province claim the original origins of this rich, flavorful and hearty dish. C'est très bon!

**Ingredients:**

1-1/2 Pounds of Dried Haricots Tarbais Beans  
1 Pound Deboned Lamb Shoulder, Cut Into Pieces  
4 Tablespoons Goose Fat  
6 Toulouse-Style Sausages (or Good-Quality Herbed Pork Sausages)  
2 Onions, Peeled and Sliced  
5 Garlic Cloves, Finely Sliced  
A Few Sprigs of Parsley  
1 Pound Canned Chopped Tomatoes, Drained  
1 Peeled Onion 8 Clove Sticks Inserted  
2 Carrots, Peeled and Chopped  
1 Bouquet Garni  
1 Teaspoon Ground Nutmeg  
1/2 Teaspoon Ground Piment d'Espelette  
7 Ounces Pork Bacon/ Poitrine Demi-Sel  
1/2 Pound of Pork Shoulder Steak  
3 Large Duck Confit Legs  
2 Tablespoons of Tomato Concentrate  
2/3 Pounds Saucisson à l'Ail (Cooked Garlic Sausage)  
1-3/4 Cup of Breadcrumbs  
Salt and Freshly Ground Black Pepper

**Preparation:**

Soak the dried beans overnight in a large bowl of water (in 3 times their volume). Rinse and drain the beans the next day.

Place the beans in a large pot and cover with water. Add the chopped carrots, a teaspoon of salt, 1 tablespoon tomato concentrate, the bouquet garni, the onion inserted with cloves, the garlic sausage and the pork rind. Bring to a boil and lower heat, leaving to simmer for 1 hour to 1-1/2 hours, until the beans are cooked, but not too soft.

Meanwhile, prepare the meat sauté. Heat 1 tablespoon of goose fat in a deep-frying pan, then add the lamb and brown the meat on all sides over medium heat. Sprinkle with a few thyme leaves and add the piment d'espelette. Add enough water to just barely cover the meat. Bring to a boil, then return to lower heat. Season with salt and pepper, and leave to simmer for 30 minutes. Set aside.

In another frying pan, brown the Toulouse sausages with 1 tablespoon of goose fat on all sides and cook for 10 minutes. Set aside. In the same pan, pan-fry the pork shoulder steak until cooked and golden brown on both sides.

In a large cocotte or dutch oven, heat 2 tablespoons of goose fat and sauté the onions and garlic. Retrieve the pork rind from the beans and chop it up into thick

sticks, and add to the cocotte/dutch oven. Continue to cook for a few minutes, then add the drained beans, discarding the bouquet garni and the cloved onion. Reserve bean stock. Place the garlic sausage aside. Add the chopped tomatoes, nutmeg, 1 tablespoon of tomato concentrate and mix all the ingredients gently to avoid breaking the beans. Add enough lamb and beans stock, enough to just about cover the beans. Bring the cassoulet to a boil, then lower heat and continue to cook for 20 minutes. Meanwhile, sauté the duck legs in a pan until golden and reserve the duck fat rendered. Set aside.

Set the oven on the grill setting, place lamb, sausages, pork and duck legs on the beans. Slice some of the sausages and pork if desired. Sprinkle the breadcrumbs all over. Drizzle 2 tablespoons of duck fat over the breadcrumbs, some chopped parsley and grill in the oven until crust is golden, between 5 to 8 minutes (depending on oven strength). Serve immediately.

**Servings: 8**

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