



# Classic French cassoulet

20'  
Hands on

180'  
Cook Time

10-12  
Portion(s)

1  
Difficulty



## Ingredients

- 1 onion
- 4 clove(s) of garlic
- 300 g sausages, country
- 1 carrot
- 2 stick(s) celery
- 6 tablespoon(s) olive oil
- 1 1/2 kilo shank, boneless
- 500 g pork belly
- salt
- pepper
- 20 g all-purpose flour
- 1 heaping tablespoon(s) tomato paste
- 50 g red wine
- 2 liters water
- 1 chicken bouillon cube
- 2 bay leaves
- 500 g beans, cannellini

## Method

- Soak the beans for 12 hours in salted water. Drain, rinse them well, and set aside.
- Place a **pot** over high heat and add 2 tablespoons olive oil.
- Coarsely chop the onion, finely chop the garlic, and add them to the pot.
- **Cut** the sausage into rounds, the carrot into half-moons, the celery into small pieces, and add them to the pot. Sauté for 1-2 minutes.
- Place a **frying pan** over high heat and add 2 tablespoons olive oil.
- Cut the shank into small pieces and transfer it to the hot pan. Add salt, pepper, and sauté for 1-2 minutes until golden brown. Once browned, transfer it to the pot with the vegetables.
- Place the same pan on heat and add 2 tablespoons olive oil.
- Cut the pork belly into pieces and add it to the hot pan. Add salt, pepper, and sauté for 1-2 minutes until golden brown. Once browned, transfer it to the pot with the rest of the ingredients.
- In the pot add the flour, the tomato paste, the wine, the water, the chicken bouillon cube, salt, pepper, the bay leaves, and stir.
- Add the beans and stir.
- Cover with the lid and boil over medium heat for 3 hours.
- Serve with parsley, pepper, and bread.

To serve

- parsley
- pepper
- bread

## Διατροφικός πίνακας

Nutrition information per portion

473 Calories (kcal)	24.0 Total Fat (g)	7.1 Saturated Fat (g)	20.0 Total Carbs (g)
24%	34%	36%	8%
4.5 Sugars (g)	41.0 Protein (g)	6.1 Fibre (g)	2.9 Sodium (g)
5%	82%	24%	48%