



Cassoulet Dinner
with Chef Bridget Charters

Winter White Salad with Grapefruit
Toulouse Style Cassoulet

Prep before class:

- Do step one for cassoulet: soak beans overnight before demo
- Do step one: cure meats overnight before demo

Equipment:

- Chef's knife 8" or 9" - sharpened
- 3-4" paring knife or vegetable peeler
- Cutting board
- Large dutch oven with lid
- Large 12" sauté pan
- Bowl for soaking beans
- 9x13 Pyrex dish for curing meat overnight
- Baking sheet
- Bowl for tossing the salad
- Cooling rack
- 4-quart pot for simmering beans

Ingredients:

- 2 small heads of frisee
- 1 fennel bulb
- 2 belgian endive
- 1 grapefruit
- 1 bunch italian parsley leaves
- Shaved parmesan for garnish
- 3 teaspoons shallots, minced
- 1 tablespoon dijon
- 1 anchovy
- 3 tablespoons white wine vinegar
- 3 tablespoons of fresh lemon juice
- 1 cup extra virgin olive oil
- 1 fresh ham hock
- 1-pound boneless pork loin, cut into 1 1/2-inch cubes
- 6 ounces fresh pork skin with 1/4 inch of fat attached *optional (can sub pancetta)*
- 2 pounds dried [Tarbais](#) or cannellini beans, picked over and rinsed
- 2 ounces salt pork (can omit)

- [1/3 cup duck fat](#)
- 3 small carrots, thinly sliced
- 2 medium onions, diced
- (1) 5-ounce piece of pancetta
- (1) 5-ounce piece of prosciutto *optional*
- 1 head of garlic, unpeeled, plus 4 small garlic cloves, peeled
- 1 large plum tomato, chopped
- 2 quarts plus two cups chicken broth
- *Bouquet garni*: 4 parsley sprigs, 3 small celery ribs, 2 thyme sprigs and 1 bay leaf, tied with string
- [6 duck confit legs](#)
- 1 tablespoon vegetable oil
- 1-pound French-style fresh pork sausages, such as saucisses de Toulouse, pricked with a fork (can sub andouille, lamb or a mild Italian)
- 1 cup fresh breadcrumbs or panko breadcrumbs
- Salt and freshly ground pepper