

Cassoulet Toulousain

400g	Harricot beans, soaked overnight, dried
200g	Pork rind
3	Onions, 1 whole and studded with 3 cloves
2	Carrots
5	Tomatoes, large, peeled and quartered
1	Bouquet garni
6	Garlic cloves, peeled and crushed
2tspn	Goose fat
400g	Lamb shoulder, boned, cut into 6
300g	Pork belly, cubed
	Sprigs of Thyme



Place the beans in a large pot with the pork rind, whole clove-studded onion, whole carrots, quartered tomatoes, bouquet garni and 2 cloves of garlic. Cover generously with water and simmer 1 to 2 hours until tender. Skim off any froth while cooking, add more water if needed.

About half way through the beans' cooking time, chop the 2 remaining onions and 3 of the remaining garlic cloves. In a large pan, heat half of the goose fat and brown the lamb. Add the onions, garlic and pork belly. Using water from the pan of beans, add just enough to cover the lamb. Add the thyme and seasoning, cover and simmer for 1 hour.

Brown the sausages in the remaining goose fat and add to the lamb for the last 10 mins of cooking.

Heat the oven to 180°C. Remove the bouquet garni, whole carrots, onion and pork rind from the bean pot and discard. Rub the inside of a large earthenware casserole dish with the last clove of garlic. Add half the beans to the pot, on top place all the meat - including the preserved geese or duck - then cover with the remaining beans.

Bring to the boil on the stove, then lightly sprinkle on top with some of the breadcrumbs. Place in the oven for 1.5 hours stirring every 20 mins before sprinkling once more with breadcrumbs. Leave the last breadcrumb topping as a crust.