

NUTRITION: Lazza's Kitchen Adventure

Sausage Cassoulet

A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his ever version of Sausage Cassoulet from scratch

According to tradition, cassoulet was invented in 1355 in the town of Castelnaudary, under siege by the English during the Hundred Years War.

In 1970 *La Grande confrérie du cassoulet de Castelnaudary* – The Grand Brotherhood of the Cassoulet of Castelnaudary - was established to increase the prestige and spread and defend the traditions and quality of cassoulet.

Nowadays, the most common bean used is the Haricot Bean.

Ingredients

8 Cumberland Sausages (or Toulouse)
Pack of Bacon Lard-Ons
Large Onion - finely chopped
Paprika, Garlic, Thyme - to taste
Can Chopped Tomatoes
200ml White Wine: 200ml Chicken Stock
Can Beans - I used Butter and Kidney, but can use Haricot too.
Tablespoon Sugar, plus Vinegar

Cook the sausages first in a pan with some oil. Then put aside.

In a deep pan fry the onions and lard-ons.

Then add the garlic, paprika and thyme. I have deliberately not put amounts as they are for your taste too. I added one teaspoon of paprika, a nice squeeze of garlic paste plus one clove, and a sprinkle of thyme.

Pour in the white wine and vinegar and sugar and simmer away for around ten minutes.

Add the chopped tomatoes - I also added in some tomato puree for my own taste.

Stir all that in before adding the drained beans you have chosen for this dish, and the stock.

Bring to boil again, before reducing the temp.

Add the sausages back into the pot - hence why it needs to be a deep one - and leave to simmer for around 25-30 minutes.

It will thicken up a bit. I would not add salt personally as I think it is strong enough already.

Serve with vegetables or breads. I had some Mash.

I would add - that yes - what they say about beans is true!!! :-)



During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.
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More on HMHB recipe pages: www.hmhb2016.org.uk
This was a great, and very tasty, meal to prepare.