



**White Bean and Smoked Paprika Cassoulet  
with Confit Duck, Pork Belly, Sausage and Pan Grata**  
**Bradd Johns – Crowne Plaza**  
7<sup>th</sup> August, 2011

**DUCK CONFIT**

**Ingredients:**

2kg duck legs  
75g rock salt  
½ bunch thyme  
15g garlic

**Method:**

Chop off top knuckle of the duck legs then marinate in the above aromats for 24 hours  
Brush off excess salt and sear in a pan before placing in a deep tray skin side down  
Cover with hot duck fat and bring all back up to the boil - cover tray with a cartouche then tin foil  
Braise at 100°c until duck is ready to fall off the bone, remove from the fat, remove thigh bones and cool.

**CASSOULET**

**Ingredients:**

1kg onion sliced  
4 garlic cloves shaved  
Prosciutto trimmings or pancetta skin  
2kg tomato flesh and 150g tomato paste  
250ml white wine  
1kg dried haricot beans  
Bouquet garnis (sage, rosemary, thyme, bay leaf)  
Duck fat and Duck jelly from the previous confit  
Chopped parsley

**Method:**

Soak the beans overnight in cold water, drain and cook in boiling water for 30mins then drain  
In a large heavy saucepan melt the duck fat and quickly fry the ham trimmings until browned  
Add onion and garlic and sweat until soft - then tomato paste and sweat, then white wine, and reduce  
Next the tomato flesh - cook until tomatoes begin to break down a little  
Add beans, bouquet garnis, duck jelly, 500mls of water, bring to the boil, then simmer  
Cartouche and braise at 160°c until the beans are tender - finish with chopped parsley.

**PAN GRATA**

**Ingredients:**

Old sour dough, chopped  
olive oil  
clove garlic, chopped  
thyme  
lemon, zested  
parsley, chopped

**Method:**

In a pan toast off the sour dough in a drizzle of oil with garlic and thyme until golden brown  
Remove from the heat and finish with zest and parsley. Drain on paper towel.

**DUCK, PORK AND CHORIZO**

1.25kg duck confit  
1kg pork belly  
400g chorizo slices

**Method:**

Warm the cassoulet in the pan - finish with chopped parsley and place in a main course bowl  
Crisp the duck skin in a pan, skin side down. In the same pan, colour up all sides of the pork belly  
Mark three slices of chorizo on a char grill  
Place a duck leg on the beans - slice the pork and fan next to the duck - repeat with chorizo  
Crumble pan grata all over the dish.



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## **ASFM SHOPPING LIST**

### **Ingredients**

prosciutto, chorizo

duck

pork

olive oil

white wine

herbs

vegetables

sourdough bread

### **Stallholders**

Steiny's Smallgoods, San Jose Smallgoods, Hahndorf Gourmet

Inman Valley Poultry

Minniribbie Berkshire Pig Farm – post Royal Adelaide Show

Woodside Cheese Wrights, Passionate Foodie, Rodger Fryer,

Patlin Gardens, Bald Hills Olive Grove

Wild Fox Wines, Howard Vineyard

Salad Greens & Kitchen Herbs, Aay's Herbs, Alnda Farms,

Gooseberry Hill Farm, Hillside Herbs

B&A Andonopoulos, Fat Goose Fruits, Patlin Gardens,

Hart's Vegetables, Golden BC, Alnda Farms, Kalangadoo Organic,

Virgara's Garden, N&M Tsimiklis, Warrakilla, Aay's Herbs

Riveria Bakery and Paolo's Artisan Bakery, From the Grain,

Flour Power Breads