

# CASSOULET EXPRESS

**Time: 60 minutes**

**Serves: 6**

### Ingredients:

8 ounces ham – cubed to ½”  
2 stalks celery – chopped  
2 carrots – chopped  
1 large onion- chopped  
4 cloves garlic – finely chopped  
2 – 14 ounce cans navy beans – rinsed and drained  
½ cup chicken stock  
2 teaspoons fresh thyme – finely chopped  
¼ teaspoon fresh ground black pepper  
8 ounce duck breast – skin scored in a cross-hatch pattern  
⅛ teaspoon kosher salt

### Preparation:

Preheat the oven to 375F while working on the next step.

Place a deep cast pan over high heat and add the ham, stirring occasionally for five minutes.

Place the celery, onion, garlic and carrots into the pan, stirring often for seven minutes.

Gently stir in the beans, stock, thyme and 1/8 teaspoon of the pepper. Remove the pan from the burner and place in the oven. Cook uncovered for thirty minutes, stirring every ten minutes.

While the cassoulet is baking, season the duck breast on both sides with the salt and remaining 1/8 teaspoon pepper. Place the duck skin side down in a small, cold frying pan and place over medium low heat for fifteen minutes. Turn the duck breast and cook for an additional three minutes. Remove the breast from the pan, setting aside to rest.

Before the last ten minutes of baking, stir the duck fat from the frying pan into the cassoulet and return it to the oven. Remove the cassoulet once the thirty minutes of baking are complete and serve in bowls.

Slice the duck breast diagonally and serve on top of the cassoulet.

### Nutritional Information Per Serving:

Calories: 288  
Fat: 6g  
Carbs: 32g  
Fibre: 8g  
Protein: 27g