
RECIPE OF THE WEEK

Keith Floyd's Cassoulet

My all time food hero is the estimable Keith Floyd whose 'Floyd on France' series filled the University TV room like no other apart from 'Not the '9 O'Clock News' in the early '80s. Bottle in hand, Keith helped me to many a romantic conquest and is to blame for my rise from the ashes of the bank crash of 2008 as a



food producer, street food award winner and lately sausage maker and butcher - all of which skills cassoulet encompasses. For those who missed Keith Floyd in his heyday I recommend watching his alfresco essay on cassoulet from the pitch at Stade Toulousain before the Rugby World Cup. Respect!

This is his recipe . . .

*1kg pork belly, derinded
goose fat to fry
6 legs confit duck or goose
750g dried haricot or flageolet beans
soaked in water overnight with a pinch of
bicarbonate of soda
10 large cloves of garlic
1 bay leaf plus 1 pinch of thyme and a pinch of
powdered cloves
4 large marmande tomatoes, peeled, deseeded
and chopped
1 tablespoon tomato purée
500g smoked Toulouse sausage*

Grease a glazed earthenware pot or enamel cassetole with goose fat. Cube and season the pork belly into large cubes after removing the rind then fry in goose fat until golden brown. Rinse the haricot beans. Add the washed

haricot beans, whack the garlic cloves with the back of a knife and add to the pot, add the herbs and a pinch of powdered cloves, pork rind, tomatoes and tomato purée. Cover the lot with spring water and simmer gently for at least one and a half hours (all day on low in a slow-cooker).

Brown and par-cook the sausages in goose fat. Set aside with the preserved goose or duck legs until the beans are tender. Place the the sausages and goose or duck on top and continue cooking on the hob or switch your slow-cooker to high for a further 20 minutes or so "until the goose has heated through, the sausages are cooked and you have a steaming plate of golden excellence."

To download this recipe go to www.squisitodeli.co.uk
