

Love your leftovers



New Year Cassoulet

By Sara Ward, Brentford

Ingredients

- Goose trimmings, jointed and/or diced
- Goose fat (reserved from the first roasting)
- Ham leftovers (including fat), diced
- Ham stock (reserved from the first boiling)
- Sausages (leftovers or fresh fried in goose fat)
- 1 whole head of garlic, each clove peeled
- 2 large onions, chopped
- 3 sticks of celery, sliced
- 4 large carrots, peeled & sliced thickly
- Bunch of thyme
- 4-6 bay leaves
- Freshly ground black pepper
- 2 x 400g tins haricot beans
- 2 x 400g tins peeled plum tomatoes
- 2 x large handfuls of breadcrumbs to finish



Preparation time 30 minutes, cooking time 3 ½ hours.

Method:

1. Pre-heat the oven to 150°C.
2. Warm some goose fat in a large flame proof casserole dish, fry your sausages until brown if they are not already cooked.
3. Add the peeled garlic cloves, onion, celery and carrots and fry gently until starting to soften, but not brown. Season with black pepper. Adding additional goose fat if needed.

4. Add the cooked meats (goose, ham & sausage), thyme, bay leaves and ham stock and heat to a simmer.
5. Add both tins of tomatoes and bring back to a simmer.
6. Add both tins of haricot beans (drained) and bring back to a simmer.
7. Stir gently and top up with boiling water, if necessary, to ensure all ingredients are covered in liquid.
8. Cover the casserole and transfer to the oven, cook gently for 2 hours, adding additional boiling water as and when needed.
9. Check for meat that has fallen off the bone – remove any clean/meat free bones. Return to the oven, uncovered, for 30 minutes at the higher temperature of 160°C.
10. A crust should now have formed, gently stir this through the whole dish.
11. Sprinkle half of the breadcrumbs over the top of the dish and return to the oven for a further 30 minutes.
12. A new crust should have formed, again gently break this and stir it through.
13. Sprinkle with the remaining breadcrumbs and return to the oven for the final 30 minutes.

Enjoy with sauté potatoes (if you have any more goose fat left) and steamed greens (beans, sprouts, cabbage, etc.).