

BEECH OVENS

SELECTED BY THE WORLD'S LEADING HOTELIERS

Lamb Shank Cassoulet

Name of dish:	Lamb Shank Cassoulet	
Cooking Temperature:	200°C	
Cooking method:	Braise	Preparation Time: 1hr
Number of portions:	4	Cooking Time: 2hrs
		Time total: 3hrs



Ingredients

Method

Item	Amount	UOM-Kg/ML/Each		
Lamb Shanks	2	ea	1	In a heavy based pot add oil and brown
Haricot Beans (dried)	150	g		lamb shanks and Toulouse sausage.
Bacon Lardoons	60	g	2	Remove and add bacon lardoons cook
Olive oil	20	ml		until lightly browned.
Carrots	40	g	3	Add carrots, onion, celery, rosemary
Onion	40	g		and garlic, sauté until softened.
Celery	40	g	4	Cook tomato paste out.
Toulouse Sausage	100	g	5	Deglaze with white wine and add beans.
Garlic	40	g	6	Add Shanks back to the pot and cover
White Wine	20	ml		well with chicken and beef stock.
Beef Stock	150	ml	7	Braise gently for 2-2½ hours or until
Chicken Stock	150	ml		both lamb and beans are tender.
Tomato Paste	20	g	8	Chop the tomatoes and sausage into
Tomatoes	60	g		large pieces and press into beans.
Rosemary	20	g	9	Bake uncovered for another 15 minutes, serve.