

313 MAIN STREET
AMES, IA 50010
515.233.4272

M-W 9:30am-6pm
TH 9:30am-8pm
FR 9:30am-6pm
SA 9:30am-5pm



A Hearty, Everyday Cassoulet

Serves 6

Ingredients:

4 tablespoons unsalted butter
2 tablespoon olive oil
4-6 chicken thighs
1 teaspoon kosher salt
1/2 teaspoon pepper
1 onion, sliced thinly, pole to pole
1 leek, sliced thinly
1 stalk celery, sliced thinly
1 carrot, sliced thinly
1 parsnip, sliced thinly
2 cloves garlic, minced
1 teaspoon chopped fresh rosemary
1 teaspoon fresh thyme leaves
1 bay leaf
2 cups chicken stock
1 (28-ounce) can diced tomatoes, undrained
3 cans white beans such as cannellini, navy, or Great Northern, rinsed and drained
4 links spicy Italian sausage
1/2 cup white wine

Toppings & Garnishes:

2 tablespoons fresh parsley, chopped
4 tablespoons toasted buttery breadcrumbs

Directions:

1. Sear the chicken: Salt and pepper both sides of the chicken thighs. If using a multi-pot or slow cooker with a searing function, sear the chicken in olive oil and butter until browned. If your slow cooker only slow cooks, sear the chicken thighs in a skillet over medium-high heat on the stovetop.
2. Prepare the onion, leek, celery, carrot, parsnip, and garlic. Add the aromatics to the slow cooker. Begin the cooking by setting the slow cooker to high and set for 4 hours, or to low and set for 8 hours.
3. Add the rosemary, thyme, bay leaf, tomatoes, beans, and chicken stock to the slow cooker.
4. Place the chicken thighs on top of other ingredients, cover and let the slow cooking cooking continue.
5. Meanwhile, braise the sausages in a skillet with 1/2 cup of white wine. Let the wine reduce, turning the sausages as they cook. When the wine is evaporated, continue to brown the sausages on all sides, adding a tablespoon of water at a time as needed. Cut the cooked sausages into 1/2" slices and add them to the slow cooker.
6. Just before serving, melt 2 tablespoons of butter in a non-stick skillet. Toss in the breadcrumbs and stir until slightly browned and gently toasted. Garnish the plated cassoulet with the toasted, buttered breadcrumbs.