

WOODLAND CASSOULET | Hunter's Stew

Cassoulet de la Forêt

Source: The Gilded Table – October Edition

Prep Time: 30 min | **Yield:** Serves 6-8

Recipe Description

A rustic, bubbling pot of white beans, root vegetables, and savory meats — the very essence of a hunter's stew. This cassoulet carries the warmth of the forest hearth, perfect for sharing on a cool October evening.

Ingredients

For the Stew Base

- 2 cups dried cannellini beans (or 2 cans, drained & rinsed)
- 2 tablespoons olive oil
- 2 onions, diced
- 3 carrots, peeled and sliced
- 2 parsnips, peeled and sliced
- 3 cloves garlic, minced
- 2 bay leaves
- 1 tablespoon fresh thyme (or 1 teaspoon dried)
- 1 teaspoon smoked paprika
- 6 cups chicken or vegetable stock

For the Meats (or Mushroom Version)

- 4 chicken thighs (bone-in, skin-on, or substitute pheasant if desired)
- 4 sausages (garlic or herb style)
- ½ lb smoked bacon or pancetta, diced
- (Vegetarian option: replace meats with 1 lb mixed wild mushrooms — porcini, chanterelle, cremini — sautéed in butter & thyme)

To Finish

- 2 tablespoons tomato paste
- ½ cup dry white wine
- ½ cup fresh parsley, chopped
- Salt & pepper to taste
- Rustic bread or biscuits, for serving



Inveniam viam aut faciam.

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Directions

1. **Prepare the beans:**

If using dried beans, soak overnight and simmer until tender.

2. **Brown the meats (or mushrooms):**

Heat olive oil in a large cast-iron pot or Dutch oven. Brown chicken thighs on all sides, remove, then brown sausages. Render the bacon/pancetta until crisp. Set all aside.

3. **Build the base:**

In the same pot, sauté onions, carrots, parsnips, and garlic until softened. Stir in tomato paste, thyme, bay leaves, smoked paprika, and deglaze with white wine.

4. **Simmer the stew:**

Return meats to the pot, add beans and stock. Bring to a simmer, cover, and cook gently for 1 ½ hours, stirring occasionally, until thick and fragrant.

5. **Finish & serve:**

Adjust seasoning, stir in fresh parsley, and serve bubbling hot with rustic bread or sage biscuits.



Notes

- For a true woodland feast, present the cassoulet in a cast-iron pot or earthenware dish, set at the center of the table.
- **Make-ahead friendly:** the flavor deepens beautifully if cooked a day in advance and gently reheated.