

Cassoulet Recipe

Prep time: 5 minutes

Cooking time: 90 minutes (or more if you allow the Insta Pot pressure to release on its own)

Total time: 95 minutes

4 duck legs (or chicken thighs) with skin and bone

- 12 ounces smoked pork sausage (about 4 sausages), sliced into 1-inch rounds
- 2 tablespoons red wine vinegar or other liquid (red wine) for deglazing
- 16 ounces pre-cut mirepoix (or 1 onion, 1 to 2 carrots and 1 to 2 ribs of celery, all diced)
- 2 cloves garlic, minced
- 1 14-ounce can diced tomatoes
- 16 ounces dried white beans, such as Great Northern or cannellini, rinsed
- 6 to 8 sprigs of thyme, divided
- 1 quart chicken stock
- 1 cup breadcrumbs
- Olive oil
- Salt
- Pepper

1. Pat the duck legs (or chicken thighs) dry with paper towels and season generously with salt and pepper.

2. Set your Instant Pot to the sauté function and add a small amount of olive oil to the pot. Once it's hot, add the duck legs (chicken thighs) skin-side down and allow them to brown and begin to render the fat, about 5 minutes. Flip and lightly brown on the second side for another 5 minutes. Transfer the duck legs (chicken thighs) to a clean plate.

3. Add the sausage to the pot and lightly brown for 2 to 3 minutes. Deglaze the pan with a little red wine vinegar (or red wine), scraping up any browned bits. Add the mirepoix and sauté for about 7 minutes, or until the vegetables begin to soften. Stir in the garlic and cook about 30 seconds. Add the duck legs (or chicken thighs) back in, then add the diced tomatoes, white beans, 3 or 4 sprigs of thyme and quart of chicken stock to the pot. Stir to make sure the beans are submerged in the liquid and season with salt and pepper. 4. Put the lid on your Instant Pot and lock into place. Program it to cook under high pressure for 60 minutes.

5. About 10 to 15 minutes before the stew is done cooking, spread the bread crumbs out on a small baking sheet lined with foil or parchment paper. Pick thyme leaves off the remaining sprigs, then mix them into the bread crumbs along with salt and pepper. Bake in an oven or toaster oven for about 10 minutes, stirring once halfway through, or until the bread crumbs have begun to turn golden-brown. Set aside.

6. Once the cassoulet has finished cooking, let the pressure drop naturally if you have time, or carefully release the pressure manually. Remove the lid and taste, adjusting seasoning if needed. Remove and discard the thyme sprigs. Transfer the duck legs (or Chicken thighs) to a cutting board. Remove the meat from the bones (it should fall off). Add the meat back into the cassoulet. Place in bowls and top with the bread crumbs. *Serves 8.*