

VEGETARIAN WHITE BEAN CASSOULET

By Chef Kenneth McCluskey, Compass on the Bay

INGREDIENTS

- ½ CUP olive oil
- 1 ½ CUPS white onion, diced
- 1 TBSP roasted garlic, chopped
- 1 ½ CUPS carrots - washed , peeled , chop ½ rounds
- 3 CUPS kale, washed and chopped
- 1 ½ CUPS butternut squash, chopped
- 1 ½ CUPS celery, chopped
- 2 TBSP fresh thyme, chopped
- 1 TBSP fresh oregano, chopped
- 1 TBSP fresh parsley, chopped
- ½ CUP cream sherry
- 2 ½ CUPS vegetable stock
- 2 ½ CUPS cooked fresh cannellini beans
or 2 ½ cups canned cannellini beans
- black pepper



Crumb Topping

- ½ CUP melted kerrygold butter
- 1 TSP french dijon mustard
- 1 TSP chopped roasted garlic
- ¼ CUP finely grated parmesan cheese
- ¾ CUP whole grain breadcrumbs
- ¾ cup wholegrain flour

COOKING STEPS

1. Using a heavy bottomed pot (dutch oven) heat olive oil and cook onions until starting to brown over medium heat 10-15 minutes , add roasted garlic
2. Add remaining vegetables & herbs , cook for about 5 - 10 minutes over a medium heat, you want the vegetables to start browning.
3. Use a wooden spatula / spoon to scrape any bits of food from pot.
4. Deglaze the pot with sherry and vegetable stock.
5. Bring to a soft boil and simmer for 20-30 minutes.
6. Mix in beans and season to taste.
7. Carefully pour mixture into a pie dish or baking dish - pie dish should be at least 3 inches deep.
8. If needed add more stock to mixture. Bake at 300F for about 1 hour
9. In a large bowl mix all ingredients in crumb topping.
10. Add crumb mixture and bake another 30-40 minutes. If it starts to brown too much cover with foil.
11. Serve with garden salad and some french bread.