

WHAT'S 4 DINNER?

#RECIPESTHATDISH



CASSOULET-ISH (aka White Bean Stew)

This recipe is inspired by a dish Clinton Kelly made on The Chew. I remember during the commercial break, all of the co-hosts were going to town on their helpings (which only happened when the food was REALLY exceptional). Like so many of the recipes from The Chew, I have no idea where this one actually exists anymore (It's not in any of the 4 cookbooks from the show), so I had to make it from memory.

This is my recollection of that dish – it's close to a French Cassoulet without being too involved to make on a weeknight. Instead of confit duck legs, we're using boneless, skinless chicken thighs... and for that garlicky, porky goodness, use supermarket-accessible Italian sausage. Throw in some kale, because health.

Serves 4-6 as a main

INGREDIENTS:

- 1 lb. boneless, skinless chicken thighs
- 1 lb. mild Italian sausage, removed from casings
- 1 large yellow onion, diced
- 4 cloves garlic, sliced thinly
- 2 medium carrots, diced
- 1 tsp. Red chili flake
- 4 (15.5oz) cans white beans, drained and rinsed (Great Northern, Navy, Cannellini)
- 1 (15.5oz) can diced tomatoes
- 2-3 cups chicken stock
- 1 large sprig fresh rosemary
- 2 sprigs fresh thyme
- 1 head kale, torn into bite-sized pieces
- 1 cup panko bread crumbs
- 1/2 cup grated parmigiano reggiano cheese
- 6 Tbsp. butter, at room temp
- 1/3 cup chopped Flat-Leaf Parsley
- Olive Oil
- Kosher salt & black pepper

METHOD:

1. Preheat the oven to 375°F. Pat chicken thighs dry and season with salt and pepper. In a large dutch oven (5.5 quart) over medium-high, heat a tablespoon of olive oil. Brown chicken thighs

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on one side until they release from the pan without too much resistance, about 6-8 minutes. Flip and brown the other side of chicken for another 5 minutes. Set aside.

2. There should be a good amount of drippings/fond in the pan from browning the chicken. Add a little more oil, if needed, and brown sausage, breaking it up into small bits. Meanwhile, cube browned chicken thighs. It's okay if they are not fully-cooked through.
3. Once sausage has browned (about 6 minutes), add in onion, garlic, carrots, and chili flakes. Sauté, stirring occasionally, until onions become translucent and the carrots soften, another 5 minutes. Use this time to really scrape the bottom of the pot with a wooden spoon and release all of the fond into the dish.
4. Add white beans, cubed chicken thighs, and diced tomatoes (with juices) to the pot. Stir to incorporate everything. Pour in enough chicken stock for it to just barely reach the surface of the pot's contents. Tie rosemary and thyme sprigs together with kitchen twine and nestle into the center of the pot. Bring to a boil.
5. Once boiling, cover the pot and transfer to the oven. Cook gently in the middle of the oven for 30 minutes. This helps the beans stay intact.
6. After 30 minutes, remove the pot from the oven and give it a good stir. Does the stew seem too brothy? If so, simmer vigorously (not boiling) until it has reached the desired consistency (keep in mind it will thicken some as it cools). Remove the herb bundle and season to taste with salt and pepper.
7. Stir kale into the stew until it's evenly distributed and begins to wilt.
8. Make a bread crumb topping by combining panko, parmesan, 2 tablespoons of chopped parsley, and butter in a medium bowl. It should have a pebbly, wet sand consistency. Scatter the breadcrumbs evenly over the top of the stew and return to the oven. Cook, uncovered, until breadcrumbs are golden brown, about 10 minutes.
9. Let cool for at least 15 minutes before serving. Garnish each dish with remaining parsley and a drizzle of olive oil.