



Brian Anderson | Chef/Owner  
Bistro 29 | Santa Rosa, CA  
www.bistro29.com



Yields 8 Servings

For the Beans:

- 2 cups dry Flageolet Beans
- 1 White Onion, diced
- 6 cloves Garlic, crushed
- 3 Bay Leaves
- 1 Carrot, peeled & grated
- 2 cups Canned Tomatoes, crushed
- Salt and Pepper to taste

Place all ingredients in a large pot, cover with cold water & bring to a boil. Once boiling, turn down the heat & simmer for one to two hours or until very tender. Reserve until ready to use.

Seafood:

- 1 lb Mussels, cleaned & de-bearded
- 1 lb large Shrimp, peeled & deveined
- ½ lb Calamari Tubes & Tentacles, cleaned
- 1 lb small Littleneck Clams
- ¼ lb Crab Meat
- Vegetable Stock or Fish Stock
- ½ cup Tarragon Seasoned Bread Crumbs (panko breadcrumbs toasted in olive oil, seasoned with salt, pepper & chopped tarragon.)

To make the seafood cassoulet, begin with a very large sauté pan on high heat. Season all seafood with salt & pepper. Add 2 Tbsp of oil to the hot pan, off heat, & put in the shrimp & calamari. Let the shrimp get just a touch of pink, turn them & add the rest of the seafood. At this point, add enough beans to cover the seafood along with the stock to moisten the cassoulet. Cover with foil or another pan & let the beans & seafood mixture heat for approx 7 min or until the clams & mussels have opened. Adjust seasoning if needed. Place an equal amount of cassoulet into single serving bowls or casserole dishes, sprinkle with the seasoned bread crumbs & serve.



Seafood Cassoulet Breton

AMU-404 Capistrano Bowl Pearl White 40 oz 1 dz



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