

## **Cassoulet a la morue (Morrocan)**

1 onion  
2 medium carrots  
2 tablespoons olive oil  
1 14.5oz can diced tomatoes  
1 red bell pepper  
17.65 White Coco beans  
1 ½ quart water  
1 lb salt doc  
4.2 oz Matiz Lemon Sardines  
3 tablespoons Busha Browne's Pepper sherry  
10 garlic cloves  
2 bay leaves  
1 teaspoon ground cumin  
1 teaspoon ground ginger  
¾ teaspoon ground cinnamon  
1 teaspoon ground coriander  
1 teaspoon ground paprika  
½ teaspoon ground pepper  
Chicken stock  
½ cup bread crumbs  
2 tablespoons preserved lemon  
Salt to taste

Soak the beans overnight in cold water to cover. Discard the water before using beans. Also, soak the salt cod overnight, exchanging the water a couple of times. Discard soaking water.

Heat olive oil in 6 quart Dutch oven over medium heat. Dice onion and carrots and sauté in olive oil until soft. Crack garlic cloves and add them to pan about two minutes after onions and carrots are added. Add 1 T pepper sherry at this point and stir to deglaze pan as needed. When vegetables are softened, add tomatoes, beans, water and spices except for salt. Bring the water to a simmer and cook for about 2 hours or until the beans have softened.

Preheat oven to 325 degrees. Cut red pepper into strips and lightly sauté. Add to beans. Using a 3 quart Dutch oven, add beans and salt cod in alternating layers. As a final layer, add the sardines and enough beans to almost cover. If there is not sufficient cooking liquid left from the beans, add chicken stock so that the beans are covered. Place in the oven and check periodically to make sure beans have liquid and to test doneness. After 5 hours (or until beans are quite tender) remove from oven and top with a layer of bread crumbs. Continue baking for about 45 minutes or until breadcrumbs have formed a nice crust.

As beans are cooking in oven, remove any pith from preserved lemon rinds. Dice lemon and soak in remaining pepper sherry. When beans have finished, serve with a garnish of preserved lemon/sherry mixture if desired.