



# Vegetable Ragout Cassolette

20th ANNIVERSARY  
1992 - 2012



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**FROZEN & SPECIALTY FOOD**





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## Ingredients (Serves 4)

### White Toque

Description	Item code
3 oz Artichoke Quarters	40200
3 oz Brussel Sprouts	40906
3 oz Baby Carrots	40303
3 oz Salsifis	40901
2 oz Flageolets	40503
2 oz Peas	40601
2 oz Peeled Fava Beans	40502
2 oz Asparagus 4"	40019
1 tsp Carrot Glacis	59602
1 tsp Onion Glacis	59601

### At your local supermarket

Description
2 oz Butter
2 tbsp Olive Oil
1 oz Sugar
1/3 cup Water
4 Pancetta Slices

## Cooking directions

1. Melt butter with olive oil and saute the artichokes and brussel sprouts until golden brown.
2. Add the carrots, salsifis, flageolets to the wok and heat up until lightly colored.
3. Add the vegetable glacis, sugar and water.
4. Cover and simmer for 5 minutes.
5. Add the peas, fava beans and asparagus and saute under high heat until the vegetable juice is reduced and the vegetables are glazed.
6. Arrange the vegetables in each cassolette.
7. Saute the Pancetta and add on top of the vegetables.