La Table des Amis de Provence

invites you to join us for

a cassoulet lunch

prepared by Sam Gish

12h30 - 15h30

10 December 2025

Chez Carpita

Saint Rémy-de-Provence

Cassoulet is a celebrated French dish that hails from the Languedoc region in the southwest of France. It is a slow-cooked dish traditionally made with white beans, various meats (such as duck confit, pork sausage, and sometimes lamb), and aromatic vegetables. The name "cassoulet" comes from the earthenware pot called a “cassole,” in which the dish is cooked. The origins of cassoulet date back to medieval times, when hearty, filling meals were necessary for sustenance. Over time, cassoulet became a symbol of rustic French cuisine, with each town—most notably Castelnaudary, Carcassonne, and Toulouse—claiming its own version and fiercely defending its authenticity. (a famous quote: cassoulet is not a recipe, it’s a way for French villages to argue.’”)

The dish embodies comfort, conviviality, and the spirit of sharing, often enjoyed as a communal meal with friends and family.

The meal will be cooked over several days by La Table des Amis member Sam Gish who is quite famous for his cassoulet dinners in Philadelphia. Sam and Susan had 30 person cassoulet dinners every year and had a waiting list of friends wanting to attend.

It will be enjoyed family style at the Carpita home, close by the canal in Saint Rémy-de-Provence.

The lunch is 55€ for members of La Table, 65€ for non-members,. Participation is limited to 12 persons. Beverages are included but you are welcome to bring a bottle of wine to pair with the cassoulet, such as a Cahors, Madiran, or a Languedoc blend, all red wines from the southwest.

Please book online for this event, first come first served at https://www.latabledesamis.com/.

This event has been organized by La Table des Amis de Provence, a non-profit association that connects wine and food lovers to a table of friends.

Membership fees: 15 € single, 25 € couples