



Ratatouille

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Start to Finish Time: 50 minutes

Preparation Time: 20 minutes

Cooking Time: 30 minutes

Servings: 6

Categories: Main Dish - Vegetable Stew

Description: Traditional French spring and summer vegetable stew.

Source: Great Courses - The Everyday Gourmet, Chef Bill Briwa, CIA

Ingredients

2 T Olive Oil plus more when cooking

2 med Onions, diced

2 med Eggplant, diced

1 T Tomato Paste

4 med Tomatoes for

Tomato Concasse

6 med cloves Garlic, course chop

3 ea mini sweet Red,

Orange and Yellow

Peppers, chopped

1 med Poblano Pepper, seeds and ribs removed and chopped

1 med Zucchini, diced

2 branches fresh Thyme

1 branch Oregano

Parsley, chopped

2 c Chicken or Vegetable

Stock or water from

concasse

Sea Salt and fresh ground

Tellicherry Pepper to

taste

Directions

Saute the onion in the olive oil over medium heat. When onion is clear, add the eggplant. You might have to add more olive oil - the eggplant is thirsty. Cook until eggplant starts to turn brown.

Add the tomato paste and saute until the tomato turns a brick red. Add the tomato concasse. Turn the heat down and cook for 2 minutes.

Add the garlic and cook for 2 minutes. Add all of the chopped peppers and the zucchini. Add the herb branches. Add the chicken or vegetable stock or the tomato water.

Place a lid on the pot and turn the heat down very low. Stew the vegetables for about 20 minutes. Season with salt and pepper and maybe a little more olive oil. Cook the vegetables al dente, not mushy.