

RATATOUILLE

This dish was invented in summer. It uses all the wonderful vegetables you see in the markets, simmering them to a flavourful stew. The longer the cooking period, the stewier the dish. It is a delicious side dish to lamb and is great on pasta. Serve in a hollowed out eggplant or bell pepper shell, or on the side of a pork chop or steak or stuffed under the skin of chicken or in the hollow of a boned chicken leg.

Serves 6 – 8.

1/3 cup (75 mL) olive oil
1 – 2 medium onions, coarsely chopped
1 medium eggplant, diced
2 garlic cloves, crushed
3 – 4 medium tomatoes, seeded, diced
1 tbsp. (15 mL) sugar, optional
Pinch of salt, freshly ground black pepper
Herbs de Provence
1 zucchini, sliced or diced
1 green bell pepper, seeded, diced
1 lb. (500 g) fresh mushrooms, sliced optional

Heat the oil in a large wide sauté pan. Add onions and eggplant. Cook stirring often, for five minutes. Add the garlic, tomatoes, sugar and seasoning. Bring to a boil and boil vigorously, uncovered, for ten minutes to reduce liquids. Reduce heat to medium and add remaining ingredients.

Continue boiling gently for 10 – 15 minutes or until almost all of the liquid has disappeared and vegetables are done to your liking. Taste for seasonings. Serve warm or at room temperature.