



Ratatouille – Provençal style sautéed Summer Vegetables

Ingredients:

3-4 T Olive oil (or neutral vegetable oil)

2 small – medium globe Eggplant, cut in ½ dice

1 small – medium onion, cut in half and sliced

1 red bell Pepper, halved, seeded and cut in ½ inch dice

3 cloves garlic, peeled and minced (about 2 T)

3 medium summer squash (zucchini, patty pan, etc.) cut in ½ inch dice

2-3 ripe Tomatoes, cut in ½ inch dice

2-3 sprigs Basil, cut into thin ribbons (chiffonade)

Salt and ground black pepper

¼ tsp Chili flakes, optional

Method:

Heat a medium sauté or fry pan (10 inch), preferably non-stick over medium heat. When the pan is hot, heat 2 T of olive oil until the oil is hot and shimmers across the surface. Add the diced eggplant and cook for 2 minutes, without stirring so the surface of the eggplant browns. Then, gently toss the eggplant so the other side of the eggplant browns and season with ¼ tsp of salt and a pinch (or grind) of black pepper. Let this side brown, then remove to a plate or bowl and wipe out the pan. Cook in several batches, as necessary.

In the same pan, heat another 1 T of oil and when the oil is hot, add the diced onion and bell peppers until aromatic and the vegetables are soft. Add the minced garlic and sweat gently. Season with a pinch of salt and black pepper. Then, add the summer squash, the tomatoes and half of the basil and season with salt, black pepper and chili flakes, if using. Simmer for 2-3 minutes and add the eggplant, stir together and cook for another 5-6 minutes. Taste and adjust the seasoning with salt and pepper. Garnish with the rest of the basil and serve immediately or at room temperature.