



RATATOUILLE

Ingredients:

2 Globe eggplants, small to medium (about 1 lb.), ½ inch dice

Olive Oil (preferably a good quality extra virgin olive oil)

½ medium Onion, diced (about ¾ C.) diced

3 cloves of Garlic, minced

1-2 Zucchini or summer squash, small to medium (about 1 lb.) quartered vertically and cut in ½ inch dice

Sweet Pepper / Bell pepper, diced (about ¾ C.)

2-3 Tomatoes, diced (about 2 C.) reserve juices

½ tsp. Herb de Provence

1 pinch Chili Flakes (optional), substitute ground black pepper

1-2 sprigs Basil leaves, sliced in thin ribbons

Kosher salt

½ tsp. Vinegar

Method:

Preheat oven to 425° F.

Place the diced eggplant in a colander over a bowl or in the sink and toss with ½ tsp. of salt to draw out the water for 15 minutes.

Heat a sauté pan, preferably non-stick over medium heat and add 2 tsp. of olive oil. When the oil is hot, add the onions. Lower the heat, add a pinch of salt and the garlic and cook until the onions are soft and translucent but not browned. Place in a glass or a stainless-steel bowl (non-reactive). Wipe out the pan.

With clean hands, squeeze the water out of the eggplant, then roll in a clean kitchen towel to remove as much water as possible. Place on a sheet pan or cookie sheet and toss with 1 tsp of



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olive oil, just enough to coat. Roast in the oven for 7-12 minutes until browned. Remove from the oven and add to the bowl with the onions.

Heat the sauté pan and add 2 tsp of olive oil when the pan is hot, add the diced peppers with the chili flakes if using. Over low heat, cook the peppers just until they are wilted and add the zucchini / summer squash. Season with $\frac{1}{4}$ tsp of salt and the herb de Provence. Cook until the vegetables have softened, about 5 minutes. Add the onion and eggplant mixture, tomatoes and half of the basil, cook for another 5-7 minutes, stirring until the vegetables have started to melt together. If the vegetables seem dry, add the reserved tomato water or up $\frac{1}{4}$ cup of water. Continue to cook further if a saucier consistency is desired - excellent for a pasta dish. Add the vinegar, stir together one last time and taste. Adjust the seasoning, garnish with the rest of the basil and a splash of olive oil. Serve, either as a hot or room temperature side dish. Also works well as an hors d'oeuvres on crostini.