

Ratatouille

Description

Ratatouille is a vegetable stew made popular in the Provence region of France. "Rata" is a slang term for stew in French, and "touiller" means "to stir". So literally, a stew that is stirred.

There are many variations to ratatouille, and no one standard or correct way to prepare this dish. Think of it as similar to American "stew", it can take on a number of forms and is open to your interpretation.

This ratatouille variation includes mushrooms for some additional succulent texture and balsamic vinegar for a rich flavor with a touch of tangy sweetness.



Summary

Yield: 8

Prep Time: 1 1/2 hours

Category: Vegetables

Cuisine: French

Ingredients

- 1 medium eggplant, cubed
- 1 red bell pepper, coarsely chopped
- 1 yellow bell pepper, coarsely chopped
- 4 large tomatoes, coarsely chopped
- 4 zucchini, cut into 1/4 inch slices
- 1 large yellow onion, peeled, quartered and thinly sliced
- 2 cloves garlic, minced
- 10 medium sized mushrooms, coarsely chopped
- 1 can tomato paste
- 2 tbsps olive oil
- 2 tbsps balsamic vinegar
- 2 bay leaves
- 1/2 tsp dried thyme
- 1/2 tsp dried oregano
- 2 tbsps fresh basil, chopped
- 1/2 tsp kosher salt
- fresh ground pepper to taste
- 1/2 lb button mushrooms, stems trimmed

Instructions



Slice and prepare your ingredients first. It's helpful to arrange your ingredients in the order you'll need to add to the pot.

You will need at least a 4-quart Dutch oven or saucepan. The ratatouille will cook down somewhat, but you'll need the room when first add the vegetables. Heat the olive oil over medium heat. Add the garlic and onions and sauté, stirring often, until softened, about 5 to 6 minutes.

Add the eggplant and zucchini, stir until coated with the olive oil. Add the fresh and dried herbs and bell peppers. Stew for 20 minutes, covered.

Add tomatoes, mushrooms, tomato paste and balsamic vineggar. Stir to mix well. Add 1/2 teaspoon of coarse salt and fresh ground pepper to taste. Mix thoroughly. Stew for another 40 minutes, uncovered.

Serves 8.

Notes

You can substitute 2 cans (14.5 oz ea) diced tomatoes for the whole tomatoes. Baby Bella brown mushrooms substituted here for the button mushrooms.