Ciambotta (Italian Vegetable Stew)

Description

Ciambotta is an Italian vegetable stew, in some regions maybe more like a thick Italian vegetable soup. Brimming with all kinds of vegetables, you can think of Ciambotta as an Italian version of the French vegetable dish, Ratatouille.



Summary

Yield: 6
Prep Time: 30 minutes
Category: Vegetables
Cuisine: Italian

Ingredients

- 2 stalks celery
- 1/3 cup extra virgin olive oil
- 1/2 cup fresh basil, chopped
- 1 large eggplant, peeled and cut into 1" pieces
- 6 red potatoes, peeled and cut in 1/4" pieces
- 2 red bell peppers
- 1 lb zucchini, halved lengthwise, cut into 1/4" slices
- 1 can whole, peeled tomatoes (28 oz.), chopped
- 5 cloves garlic, minced
- 2 brown onions, chopped
- 3 carrots, halved lengthwise, cut into 1/4" slices
- 1/2 cup water
- kosher salt and fresh ground pepper to taste

Instructions

In a colander, toss the cubes of eggplant with 2 teaspoons of kosher salt. Let it stand to sweat out some of the bitterness. Rinse in cold water, drain, then pat dry.

Heat the olive oil in a large pot. Add the onion, garlic and celery. Sauté over high heat for 5 minutes. Add a little water if necessary to prevent sticking and burning. Add the fresh basil and continue cooking for 2 more minutes. Then add the tomatoes.

Bring down to a simmer and add the eggplant, potatoes and 1/2 teaspoon of Kosher salt. Bring to a boil while stirring, then turn down, cover and simmer for 15 minutes.

Add the zucchini and bell peppers and simmer for 15 more minutes, until all of the vegetables are tender.

Add salt and fresh ground pepper to taste. Transfer to a serving bowl. Allow to stand for 15 minutes before serving.

Notes

In case you're wondering, Ciambotta is pronounced "chumbot".