

Nessralla Farm Halifax

Ratatouille



Ratatouille is a classic summer French stew that's packed with fresh produce such as tomatoes, eggplant, zucchini, summer squash and bell peppers. You can tailor it to your own tastes, or use what you have too much of coming from your garden or subscription box!! Here's a basic recipe & technique to get you started.

Ingredients

- 4 large ripe red tomatoes
- 1 medium eggplant, diced into ½ inch cubes
- 1 red and 1 yellow bell pepper, cut into ¾-inch squares
- 1 large zucchini and 1 large summer squash, diced into ½ inch cubes
- Extra-virgin olive oil
- ¾ tsp fine sea salt
- 1 medium yellow onion, chopped
- 4 cloves garlic, peeled and minced
- ¼ cup chopped fresh basil leaves
- ½ tsp dried oregano
- ¼ tsp red pepper flakes
- Freshly ground black pepper

Preparation

1. Preheat your oven to 425 degrees. Line two large rimmed baking sheets with parchment paper for easy cleanup.
2. Remove the core of your tomatoes with a paring knife. Grate the tomatoes on the large holes of a box grater into a bowl or blitz them in a food processor into a frothy pulp.
3. On one baking sheet, toss the diced eggplant with 2 tablespoons of olive oil until lightly coated. Arrange the eggplant in a single layer across the pan, sprinkle with ¼ teaspoon of the salt, and set aside.
4. On the other baking sheet, toss the bell pepper, zucchini and yellow squash with 1 tablespoon of olive oil and ¼ teaspoon salt. Arrange the vegetables in a single layer. Place both baking sheets in the oven and set the timer for 15 minutes.
5. Meanwhile, warm 2 tablespoons of the olive oil in a large Dutch oven or soup pot over medium

heat. Add the onion and $\frac{1}{4}$ teaspoon salt. Cook, stirring occasionally, until the onion is tender and browning on the edges, about 8 to 10 minutes.

6. Add the garlic and cook for about 30 seconds. Add the tomatoes, stir and reduce the heat to medium-low to simmer.
7. Once the 15 minute timer goes off, remove both pans from the oven, stir, and redistribute the contents of each evenly across the pans. Bake until the eggplant is golden on the edges, about 10 more minutes. Remove the eggplant from the oven, and carefully stir it into the simmering tomato sauce.
8. Let the squash and bell pepper pan continue to bake until the peppers are caramelized, about 10 more minutes. Then, transfer the contents of the pan into the sauce. Continue simmering for 5 more minutes to give the flavors time to meld.
9. Remove the pot from the heat. Stir in 1 teaspoon olive oil, the fresh basil, red pepper flakes and dried oregano. Season to taste with additional salt and black pepper.
10. Serve in bowls with an optional drizzle of olive oil, additional chopped basil, or black pepper on top. Ratatouille's flavor improves as it cools, and it's even better reheated the next day. This dish keeps well in the refrigerator,

covered, for about 4 days, and can also be frozen for several months.