

RATATOUILLE

Ingredients:

1 large onion, cut into small pieces
2 zucchini, peeled and diced
1 eggplant, peeled and diced¹
4 tomatoes, diced
4 garlic cloves, minced
1 Tbsp. parsley, minced
1 tsp. basil, minced
1 tsp. salt
1/2 tsp. pepper
4 Tbsp. olive oil

Heat the olive oil in a large pot. Add the onion and eggplant and cook on medium high heat 5-6 min. Add the zucchini and cook 5 min. longer. Add the tomatoes, herbs, and garlic. Salt and pepper to taste. Add 1 1/2-2 cups water and continue to cook over low heat 30-35 min., stirring occasionally. Add more water, if necessary, to prevent the mixture from sticking. Serves 8-10.

ACTIVITIES

1. Search on-line for other recipes for *ratatouille*. What differences do you find?
2. Do an experiment with each vegetable to determine the best cooking time. Cut into equal-size pieces zucchini, eggplant, onion, and tomato. Cook each vegetable individually at the same temperature while carefully measuring the cooking time to determine how much time is necessary to cook each one well done. Which is the juiciest? The hardest to cook? Discolors the most? Deforms during cooking?
3. With what kind of meat(s) could you serve *ratatouille*?
4. This dish is even better the next day. Prepare a *ratatouille* 2 days in a row. Have a tasting to determine if there is a difference in taste and which version is better.
5. Look at the text on page 70 and determine which season is the best time to prepare this dish with the freshest ingredients.

Notes

¹ In general, the eggplant that is sold in the U.S., especially the large ones, are too ripe and, as a result, are bitter and full of seeds. If you cannot find very fresh eggplant, use Japanese eggplant which are smaller.