

Ratatouille

Serves: 6

From the Garden: eggplant, capsicum, zucchini, tomato, onion

Ingredients:

300g eggplant
300g green/red capsicum
300g zucchini
500g tomatoes (or 1 1/2 tins of peeled tomatoes)
2 medium or 1 large onions
Extra virgin olive oil
Sea salt and freshly ground black pepper

Equipment:

Basic toolbox, chopping board, large sauce pan, kettle

Method:

1. Wash and dry all vegetables, except onions, thoroughly.
2. Peel onions and roughly chop into 1 cm pieces.
3. If using fresh tomatoes you will need boiling water. Cut the core from the top of the tomatoes using a paring knife. Then cut a small cross in the base of the tomato. Place all the tomatoes in a medium bowl. Pour over enough boiling water to cover and allow to stand for one minute. ***Drain off hot water.*** Then peel off the skins from the tomatoes. Discard skins. Chop tomatoes into rough chunks and place in bowl, try to save as much juice as possible too.
4. Chop the top off zucchini and discard. Slice zucchini into 2 cm slices then cut these into 2 cm strips and then into 2 cm pieces.
5. Chop the top off capsicum. Remove stem and discard. Pull out woody core of capsicum and the seeds and discard. Slice capsicum into 2 cm slices then cut these into 2 cm strips and then into 2 cm pieces.
6. Chop top off eggplant and discard. Slice eggplant into 2 cm slices then cut these into 2 cm strips and then into 2 cm pieces.
7. Place the olive oil into a large sauce pan. Place on stove burner on medium heat. Sauté onions until lightly coloured. Then add all the other vegetables. Add 1 cup of water as well.
8. Add a sprinkle of sea salt and a good grinding of black pepper.
9. Cook the ratatouille for at least 40 mins, maybe longer, giving it a stir occasionally. You want the vegetables to be soft but not collapsed and mushy.
10. Serve as a accompaniment to steak or roast chicken or on it's own with a salad and crusty bread. You may like to serve it hot or cold and with a sprinkling of chopped flat leaf parsley.

Enjoy!

Tasks within two * __* means please get an adult to help.

Recipe reference: created by Jacky Cronin, Wodonga West Primary School