

RATATOUILLE

Equipment:

Measuring Spoons

Measuring Cup

4 Qt. casserole dish

Wooden Spoon or High Temp Rubber Spatula

Ingredients:

2 medium onions, sliced 2

1 medium green pepper cut into 1/2" (1 cm) slices, 1

1/3 cup oil 75 ml

2 cloves garlic, finely chopped 2

1 medium eggplant, (1 1/2 lb.) peeled and cut into pieces 1/2"(1 cm) (750 g) 1

3 medium tomatoes, (1 lb.) Small dice 3 (500 g)

2 medium zucchini, (1 lb.) 1/2"(1 cm) slices (500 g) cut into slices 2

1/4 cup vegetable juice or tomato juice cocktail 50 ml

2 tsp each basil and parsley flakes 10ml

1/4 tsp pepper 1ml

Procedure:

1. In a 4-quart (4 L) casserole, combine onions, green pepper, oil and garlic.
2. Cover with lid.
3. Cook at **P7** 4 - 5 minutes; stir once.
4. Stir in remaining ingredients; cover.
5. Cook at **P7** 16 - 19 minutes; stir twice.
6. Let stand, covered, 5 minutes before serving.

Chefs Tip –

Vary your seasonings to you guests' tastes.