

Ratatouille

Jesse McQuarrie
Executive Chef/Proprietor
Feast Catering



Ingredients:

- 1 medium or 2 small eggplant, cut into 1/2-inch dice
- 4 Tablespoons extra virgin olive oil, divided, plus more to taste
- 2 medium onions, cut into 1/2-inch dice
- 4 to 6 garlic cloves, chopped
- Pinch of dried chile flakes
- Fresh bay leaf
- 2 sweet peppers, cut into 1/2-inch dice
- 3 medium summer squash, cut into 1/2-inch dice
- 3 ripe medium tomatoes, seed, cut into 1/2-inch dice
- 1/2 bunch of basil, chopped
- 3 sprigs of thyme
- Salt to taste

Method:

- Toss the eggplant cubes with a teaspoon or so of salt. Set the cubes in a colander to drain for about 20 minutes. This will help remove the bitterness.
- Heat 2 tablespoons of olive oil in a heavy-bottomed pot.
- Pat the eggplant dry, add to the pan, and cook over medium heat, stirring frequently, until golden. Add a bit more oil if the eggplant absorbs all the oil and sticks to the bottom of the pan.
- Remove the eggplant when done and set aside.
- In the same pot, pour in 2 more tablespoons olive oil. Add onions and cook for about 7 minutes, or until soft and translucent.
- Add the garlic, dried chile flakes, bay leaf and a bit more salt. Cook for 2 or 3 minutes, then stir in sweet peppers.
- Cook for 2 to 3 more minutes, then stir in summer squash.
- Cook for 2 to 3 more minutes, then stir in tomatoes. Cook for 10 minutes longer, then stir in eggplant and cook for 10 to 15 minutes more, until all the vegetables are soft.
- Stir in the chopped basil and extra virgin olive oil, to taste.
- Can be served warm or chilled.

Amazing served with Leg of Lamb, Poultry or on its own.

<http://feastcatering.net/>