

## Kitchen Garden at Collingwood College 2019

### Name of Recipe: Ratatouille

Ratatouille is a traditional French Provincial vegetable stew originating from Nice.

It is a fabulous dish to make when all these vegetables are plentiful in summer & autumn. It is also delicious cold.

\*ingredients needed >eggplant, zucchini, tomatoes, capsicum & herbs

Volunteer Notes: Put your oven on 220 o.c. You will be sautéing each vegetable separately 1<sup>st</sup>, then mixing them together with other ingredients & baking them covered in the oven for about 30 mins.

From our garden: eggplants, capsicums, tomatoes, bayleaves, basil, thyme, parsley, zucchini

What to collect	What to do
Large Baking tray—oiled or Casserole dish 2 x Thick base pan XV Olive oil 3 x capsicums 6-8x eggplant 3 large x zucchini 3-5 x clove garlic finely sliced 1 x purple onion finely sliced 250 ml tin tomatoes, (chopped) Salt flakes, pepper Basket of lots > basil, parsley, thyme, oregano or marjoram (washed & chopped roughly)	<ul style="list-style-type: none"><li>• Wash &amp; wipe dry all vegetables. Then cut them into about 2 cm chunks, keep each variety separate bowls.</li><li>• Heat some olive oil in pan &amp; sautéing each vegetable individually until lightly golden then tip into a large stainless steel bowl.</li><li>• Finally gently sweat the onion/ garlic for 6 minutes until soft, tip into the vegetable bowl &amp; mix gently together.</li></ul>

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	<ul style="list-style-type: none"><li>• Add the tomato &amp; season well. Then add the herbs. Stir all the mix to combine – (taste &amp; adjust if needed) then tip into oiled baking/ casserole dish. Cover with foil / lid.</li><li>• Bake about 1/2 hr. Divide onto 4 platters .</li><li>• Decorate with male squash flowers if available.</li></ul>
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