

View from the Fridge – Recipes from Brian Donkin

Recipe # 26 – Ratatouille

Preparation time: 10 mins – Cooking time: 10 mins

Ingredients

2 cloves of garlic, chopped onto a paste
1 green pepper, deseeded, halved and sliced
1 courgette, sliced
1 onion, halved and sliced
1 aubergine, halved and sliced
1 tin of peeled tomatoes (400gms)
½ wine glass of olive oil
1 level tablespoon of sugar
3 bay leaves
salt and pepper

The secret of perfect ratatouille is to add the vegetables in the correct order

Method

1. Heat pot until hot. Add oil, onion and green pepper. Cook for 2 minutes.
2. Add courgette and cook for a further minute.
3. Add aubergine and garlic and cook for another 2 minutes.
4. Add 3 bay leaves and the juice from the tin of peeled tomatoes.
5. Chop the peeled tomatoes roughly and add to the pot.
6. Add salt, pepper and sugar. Bring to the boil and simmer for 4 minutes and serve.

