



# RATATOUILLE

**Season:** Summer  
**From the garden:** Eggplant, tomatoes, courgette, capsicum, basil, garlic  
**Type:** Main or side dish  
**Difficulty:** Easy  
**Country of origin:** France  
**Serves:** 6 servers or 30 tastes  
**Source:** [bbcgoodfood.com](http://bbcgoodfood.com)

## Equipment

- \*chopping board and knife
- \*measuring cup and spoons
- \*frying pan
- \*bowl or pot
- \*wooden spoon
- \*colander

## Ingredients

- \*2 large eggplants
- \*2 med. courgettes
- \*3 capsicums (any colour)
- \*5 large tomatoes
- \*olive oil for frying
- \*1 red onion
- \*3 cloves of garlic
- \*1 ½ tbsp red wine vinegar
- \*1 ½ tsp sugar
- \*1 tsp salt and pepper to taste
- \*10 basil leaves

## Method

1. cut crosses on top of the tomatoes, place them in a bowl or pot and cover with boiling water
2. leave them for a minute, then drain the water of and rinse the tomatoes with cold water
3. peel the skins of the tomatoes, scrap the seeds out with a spoon and chop them
4. cut the eggplants and courgette into rounds and then into chunk, around 1cm by 1cm
5. cut the capsicums in half and remove the seeds, cut into same size chunks as the eggplant and courgette
6. add oil into a pan and over high heat fry the vegetables (except tomatoes). Don't overcrowd the pan, do it in batches
7. put the fried vegetables aside and peel and chop the onion and garlic
8. add more oil to the frying pan and fry the onion for around 5 min., then add the garlic and fry for another minute
9. add the vinegar, sugar, salt and pepper and the chopped tomatoes to the pan
10. chop or tear up the basil and add it to the pan with the rest of the vegetables

**Notes:** "Ratatouille" was first cooked in Nice, France by farmers in the 1700s to make use of all the summer vegetables

**Skills:** measuring, *mixing*, *chopping*, *frying*