

Ratatouille Casserole Recipe.

Yield: 8-10 Servings.

Organic vegetables, free of pesticides and chemicals would be better for this exceptional dish.

Ratatouille can be refrigerated up to 5 days or frozen in an air-tight container up to 3 months (mixture only).

Mixture like a piperade

1 ea. (200g) onion, chopped

2 ea. (200g) carrots, washed, unpeeled and chopped

2 ea. (100g) celery ribs, washed and chopped

1 Tbsp (30g) butter

1 Tbsp (30ml) olive oil

1 Tbsp garlic, minced

1 yellow and 1 red bell pepper, charred, peeled, seeds and ribs removed

1 poblano pepper and 2 chili peppers, charred, peeled, seeds and ribs removed

1 (28 ounces / 850g) chopped Roma tomato or can crushed tomato (preferably organic fired roasted)

3 sprigs fresh thyme (optional)

1 tsp herbes de Provence*

Salt, pepper to taste

6 fresh basil leaves

*These mixtures typically contain savory, fennel, basil, thyme, and, for the American market lavender, and other herbs.

Sliced Veggies

2 yellow squash, sliced into 1/16-in. (2mm) rounds

2 zucchinis, sliced into 1/16-in. rounds

2 Japanese or Chinese eggplants, sliced into 1/16-in. rounds

6 Roma tomatoes, sliced into 1/16-in. rounds

Seasoning

2 Tbsp (30ml) olive oil

1 tsp minced garlic

1 tsp thyme leaves, chopped

Salt, pepper to taste.



Method

Roast bell peppers and jalapeño over the flame or in a preheated 425°F (220°C) oven for 40 minutes (grilling vegetables and fruits does not create carcinogens). Once you've roasted your peppers, you will need to steam them. This process will help you peel the tough skin from them more easily. Place the roasted peppers in a freezer bag or pastry bowl covered with plastic wrap and steam for 15 minutes then peel using paper towels. Remove stem, membranes and seeds. Chopped peppers and set aside. Meanwhile chop onion, celery, carrots and mince garlic.

Heat up a large skillet, add butter and olive oil and sauté the mirepoix; onion, celery and carrots for 10 minutes on medium high heat. Add garlic and the chopped peppers, tomatoes, thyme bouquet, herbes de Provence, salt and pepper. Cook the mixture for 20 minutes or until all. Discard thyme bouquet. Gently puree the ratatouille mixture in a food processor with the basil and pour back into the skillet. Cut zucchinis, yellow squashes, eggplants and tomatoes into 1/16-in. (1.5mm) rounds. Arrange a strip of alternating slices of tomato, yellow squash, zucchini and eggplant. Season with salt and pepper and the olive oil garlic and thyme seasoning. Cover the ratatouille with foil.

Baking

Position rack in the middle of oven. Preheat oven to 280°F (140°C) cover skillet with foil and cook ratatouille slowly for 3 hours. Remove foil and cook for 45 minutes more at 350°F (180°C); the veggies will then roast acquiring additional flavor through caramelization. Sprinkle some minced fresh basil right before serving if desired. Bon appétit!