

Ratatouille grillés aux coulis de poivrons rouge (GF & LF)

Serves 2-3

Ingredients:

- 4 tbs flavourless oil for cooking and
60 mls for the pepper puree
- 1 red pepper (keep whole)
- 1 yellow pepper (keep whole)
- 1 aubergine (cut into 2 cm dice)
- 1 courgette (cut into 2 cm dice)
- 1/2 red onion (peeled and sliced thinly)
- 10 cherry tomatoes
- Red wine or sherry vinegar, olive oil, salt and
pepper
- Fresh basil chiffonade*, thyme or herbs of
your choice



Ratatouille is a traditional French Provençal stewed vegetable dish, originating in Nice. The full name of the dish is ratatouille Niçoise.

Method:

Heat oven to 220C

Tomatoes: Halve the tomatoes, season and sprinkle with thyme. Roast for up to 10 minutes making sure they keep their shape OR slow roast at 100C for a couple of hours for a more concentrated flavour, but do not use oil as you want the moisture to evaporate.

Peppers: Rub peppers with a little oil and bake whole until skins blacken and blister - around 15 mins.

Put aside in a bowl and cover with a place or plastic wrap to cool. When cool, gently pull out the stalk and core and remove any pips. Strain any remaining liquid over the peppers.

Keep 1/3rd of the peppers, thinly slice and put to one side.

Puree: Blend the remaining pepper with 1tbs of red wine vinegar and salt to taste. (Add a little sugar if vinegar is too strong) Slowly add the oil in a stream while blending until you get an emulsion and the puree is thick enough not to run off the plate.

Aubergine: Toss the aubergine in 1-2 tbs oil and season well. Roast on baking paper at 220C for about 10 minutes, or until tender. Do the same with the courgettes, but keep the vegetables separate. The onion will take a few minutes longer – it should not be crunchy!

Notes:

Use a variety of different coloured vegetables: light purple aubergines, pale green or yellow courgettes.

Red pepper works best for the puree and yellow peppers look good but green tend to have no vibrancy.

Leftover roasted vegetables can be used in a variety of other dishes:

Mix together as a roasted vegetable salad with fresh rocket or spinach leaves and black olives

Use as a base for a roasted vegetable tart or quiche, or as a frittata – drizzle with the red pepper puree to serve.

Add a tin of tomatoes and some frizzled chorizo for a rich soup

Fresh basil chiffonade*

Lay several fresh basil leaves on top of each other. Then roll lengthways like a cigar, with a sharp knife, finely shred the leaves and sprinkle on top of the ratatouille to serve

Serving tips.

Round Courgette cups: Cut the top and bottom off the courgette – to provide a base for them to sit on. Cut the courgette across the middle on a 45 degree angle (or at 90 degrees) and carefully remove all the seeds and pulp to create the cup. Salt and pepper to season just before putting them into the oven. Test with a skewer to see if they are ready. When ready to serve layer the vegetables – leave the most colourful to last!

Ratatouille charlotte: Cut thin slices of courgette lengthways and par-cook on a very hot oiled griddle. Prepare the ratatouille as above. Lay the chargrilled courgettes inside an oiled ramekin – leaving enough to fold over once full. Layer the vegetables and fold the ends over. When ready to serve reheat in the oven for about 10minutes or until hot in the middle. When cooked carefully invert on the plate and garnish with a table spoon or 2 of the red pepper puree.

