



# Sugar Apple

Posts From The Caribbean

## Caribbean Ratatouille

A bit of Provence in the Caribbean, made with locally grown baby eggplant, tomatoes and herbs. The measurements are not exact, use what you have on hand. Leftover ratatouille is fantastic the next day tossed with pasta and sometimes I make it fresh just to serve as the sauce for one of Audrey's favorite pastas.

*extra virgin olive oil*

*2 large red bell peppers, stemmed, seeded and cut into large pieces*

*3-4 cloves of garlic, minced*

*1 pound of eggplant, stem end trimmed off and cut into large bite-sized pieces*

*the leaves from 2 or 3 fresh thyme sprigs*

*2 medium zucchini, stem ends trimmed, then halved and cut into slices*

*4-5 red, ripe tomatoes, cored and chopped (I almost never bother to peel or seed them, too lazy)*

*a handful of fresh basil, torn into small pieces*

*salt and freshly ground pepper to taste*

Put a good swirl of olive oil in a large frying pan with a lid and heat over medium high heat. When the oil is hot, add the red bell peppers and fry for a few minutes, until they start to soften. Add the garlic and stir for a minute, then add the eggplant, the fresh thyme and a bit of salt. Stir it all around so all the eggplant is coated with the olive oil. Cook for 5-10 minutes or until the eggplant just starts to soften.

Add the zucchini and cook until it starts to soften and then add the tomatoes. You may need to add some more olive oil if it's looking a bit dry. Cook for a few minutes and then turn the heat to fairly low and cook for 10-15 minutes, until all the vegetables are soft and the tomatoes are starting to break down. You want the veggies to be soft but also to retain some individual character and not be totally broken down into a homogenous mush. Remove from the heat, add the fresh basil and serve warm, at room temperature or cold. This made enough to serve 7 people with leftovers for tonight's pasta.

<http://www.abigailblake.com/sugarapple>

from the article *King of the Grill* posted on April 20, 2009