



# Sugar Apple

Posts From The Caribbean

## Caribbean Ratatouille Redux

I've given measurements for the amount of vegetables I happened to have on hand, but they're really just a rough guideline. Use the freshest vegetables you can get, don't cook it down to mush, and you'll be fine. Ratatouille can be served warm, at room temperature, or cold, and it tastes even better the day after you make it. I won't be the first, nor will I be the last, to remind you that leftover ratatouille is fantastic tossed with pasta. And a sandwich made with mature cheddar and ratatouille on whole grain toast is a wonderful lunch.

### The Vegetables

*1 pound of eggplant, trimmed and cut into 1-inch chunks*

*1 1/2 pounds of zucchini, trimmed and cut into 1-inch chunks (but I used the huge pale green local squash you see in the top photo and it was lovely)*

*2 red bell peppers (or green, yellow or orange - they're all good)*

*1 large christophene, peeled, seeded and cut into 1-inch chunks (definitely not traditional)*

### The Tomato Sauce

*1 medium onion, peeled and chopped*

*4 large cloves of garlic, peeled and minced*

*1 scotch bonnet pepper, seeded and minced (optional for the Caribbean version)*

*2 1/2 pounds of very ripe tomatoes, peeled, seeded and roughly chopped*

*A sprig of fresh thyme*

### The Other Stuff

*Plenty of good extra virgin olive oil*

*A handful of fresh herbs (I used basil and parsley)*

*Kosher salt*

To cook the vegetables: sauté each vegetable separately in a little olive oil in a large pan or pot over medium to medium-high heat. You don't want to fry the vegetables, nor do you want them to steam in their own liquid. A little browning is okay, but not too much. Cook each vegetable until they're almost cooked through, somewhat soft, but with a little texture and bite left. The only way to tell, really, is to taste them. Season each vegetable

with a sprinkle of kosher salt about a minute or two before they're done. As each one is done, remove it to a large bowl and start with the next vegetable.

When all the vegetables are cooked, use the same pan to make the tomato sauce. Heat a little olive oil in the pan. Add the onions and scotch bonnet pepper (if using) and cook until the onions are softened and translucent, about 10 minutes. Add the garlic and cook for another minute, then add the tomatoes, thyme and a teaspoon or so of kosher salt. Bring the sauce to a simmer, then reduce the heat to medium-low and cook for 15 minutes.

Add the vegetables to the pan with the tomato sauce and simmer for 20 minutes. Remove the pan from the heat and stir in the fresh herbs. Serve warm, cold or at room temperature. Difficult to say how many this will serve, but let's just say that it made rather a lot of ratatouille.

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

from the article *What's In A Name?* posted on March 3, 2010