



Three Kitty Cuisine
Point Arena, CA

Ratatouille

(The Flavor Principle Cookbook)

- 1 large eggplant, peeled and cut into 1 inch cubes
- 2-3 zucchini, cut into 1 inch chunks
- 2 medium or 1 large yellow onions, cut into 1 inch chunks
- 2 medium potatoes, peeled and cut into 1 inch cubes (optional)
- 1 medium green pepper, seeded and chopped into 1 inch chunks
- 2 cloves garlic, crushed
- 2 teaspoons chopped fresh basil or 1 teaspoon crushed dried
- ½ teaspoon crumbled dried oregano
- ½ teaspoon fennel seed
- 1 tablespoon salt (or to taste)
- ¼ teaspoon freshly ground black pepper
- 3-4 tablespoons olive oil
- 1 small can tomatoes, cut up (14-16 ounces)

- Place all ingredients except tomatoes in a very large heavy pot or Dutch oven. Over low heat, mix thoroughly so that all the vegetables are coated with the olive oil. Add tomatoes.
- Cook slowly over very low heat, uncovered, 1-1.5 hours, stirring occasionally (about every 15 minutes). Allow to stand several hours, then either reheat or chill. Will keep in 'fridge for few days. It is better the second day.