



## Ratatouille (Reduction Sauce)

Ratatouille is a traditional French stewed vegetable dish, originating in Nice. It can be served as part the main part of a meal with rice or as an accompaniment of vegetables with meat or chicken.

### Learning Objective

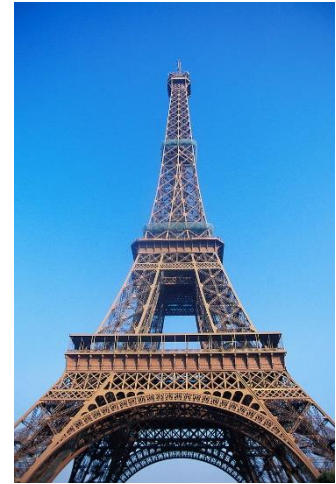
In this activity, you will:

- learn how to make a sauce using the reduction method;
- prepare a range of fresh ingredients, e.g. peeling, slicing;
- use the cooker safely;
- apply your knowledge of reduction sauces to make ratatouille.

**Keywords:** sweat, fry, boil, simmer, reduce.

### Ingredients

- 1 onion
- 1 clove garlic
- 1/2 small aubergine
- 1/2 green pepper
- 1/2 courgette
- 1 can chopped tomatoes (400g)
- 1 x10ml spoon oil
- 1 handful fresh basil



### Equipment

Chopping board, knife, garlic press, saucepan, measuring spoons, wooden spoon, can opener.

### Method

1. Prepare the vegetables:
  - peel and chop the onion;
  - peel and crush the garlic;
  - dice the aubergine;
  - de-seed and chop the green pepper;
  - slice the courgette.
2. Sweat the onion and garlic in the oil for 2 minutes.
3. Add the aubergine and fry for a further 3 minutes.
4. Add the pepper, courgette and tomatoes.
5. Stir-in the torn basil leaves.
6. Bring to the boil and then simmer gently, with the lid on the saucepan, for 20-30 minutes.

### Top tips

- Use dried herbs if you do not have fresh basil.
- Go for different vegetables - try adding olives, mushrooms, red onions, peas or beans.
- Serve with rice, potatoes or bread for a low fat snack.

### Skills

Using the hob	Onion preparation	Bridge hold	Claw grip
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**Use this space to write an ingredient list for the design of your own Ratatouille. Add high protein ingredients that would make Ratatouille a complete meal for vegetarians.**

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## Evaluating Food Products