



Ratatouille (Reduction Sauce)

Ratatouille is a traditional French stewed vegetable dish, originating in Nice. It can be served as 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	½ courgette
1 clove garlic	1x400g canned chopped tomatoes
½ small aubergine	1x10ml spoon oil
½ green pepper	Handful of fresh basil

Equipment

Knife, chopping board, garlic press, measuring spoons, wooden spatula, saucepan, can opener.

Method

1. Prepare the vegetables:
 - a. Peel and chop the onion
 - b. Peel and crush the garlic
 - c. Dice the aubergine
 - d. De-seed and chop the green pepper
 - e. 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.

Skills

Using the hob Onion preparation (bridge hold/claw grip)

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.
