

Salut!

Recipe of the Month – January 2016

Quiche à la Ratatouille



A favourite dish in the south of France in the summer is *ratatouille*. It's really very easy to make: an eggplant, a few zucchinis, tomatoes, bell peppers, onions, and garlic – sprinkled either with fresh thyme or with some dried *Herbes de Provence*, salt, and pepper and left to simmer for about 40 minutes in a generous helping of olive oil... and you've got a little bit of "Provence on a plate". Be sure to cook the *ratatouille* on a low flame and feel free to cook it a bit longer than 40 minutes if the veggies are still a bit firm. An even cooler thing to do is to turn any leftover *ratatouille* into a tasty quiche. So here is the recipe

for *Quiche à la Ratatouille*:

Ingredients (6 servings):

Pastry for single-crust pie (9 inches)

1 small eggplant

2 medium zucchinis

1 medium green, red, or yellow pepper

2 medium tomatoes

1 small onion

2 tablespoons olive oil

1 garlic clove, minced

1 cup (4 ounces) grated cheese

5 Eggs

1 1/2 cups half-and-half cream

2-3 teaspoons fresh thyme or dried *Herbes de Provence*

salt & pepper to taste

Directions:

Unroll pastry into a 9-in. deep-dish pie plate; flute edges. Line unpricked pastry with a double thickness of heavy-duty foil. Bake at 450° for 8 minutes. Remove foil; bake 5 minutes longer. Cool on a wire rack.

(You can also do a "crustless quiche" – just pour ratatouille mixture into a buttered pie plate or dish of your choice, pour over the egg mixture and bake as directed.) Chop the eggplant, zucchinis, green pepper, tomatoes and onion. In a large skillet, sprinkle the vegetables with fresh thyme or some dried *Herbes de Provence* and sauté in oil until tender – about 30-40 minutes. Add garlic; cook 1 minute longer. Transfer to prepared pastry and sprinkle with cheese.

In a large bowl, whisk the eggs, cream, salt and pepper; pour over cheese. Bake at 350° for 40-45 minutes or until a knife inserted near the centre comes out clean. Let it stand for 10 minutes before serving. If the crust looks like becoming too well done, cover the edge with foil. *Bon appétit!*