

Cooking Workshop Kythira

Briam – vegetables ratatouille

Ingredients for four persons:

1.5 kg potatoes

1 kg small zucchinis

3 onions

4 tomatoes

1 cup of parsley

Salt and pepper

Garlic

Olive oil

Preparation:

Peel the potatoes and cut them in slices of about 1 cm. The same for the zucchinis. Put the potatoes and the zucchinis in a large bowl. Add the roughly chopped onions and tomatoes (in rather large pieces).

Put this all in an oven tin and add parsley, sliced garlic, salt and pepper. Pour the olive oil over it and from the edge a half cup of water.

Put the tin in a preheated oven (200 – 250 degrees) and cook the vegetables for more than one hour (eventually cover the tin for the first 30 minutes, and then remove the lid).