



RATATOUILLE (Summer recipe)

2 cloves of garlic
1 onion
4 courgettes
1 aubergine
2 x cans of chopped tomatoes
Bunch of parsley
Thyme
1 bay leaf (dried)
Salt and Pepper

Brown onion and garlic in extra virgin olive oil on a medium heat. Add courgettes, aubergines and leave for 5 minutes. Add tomatoes and the herbs and salt and pepper. Leave it to simmer covered for ½ hour to 1 hour on a low heat.

Serving suggestions: with basmati rice and sprinkle of crispy cured free range bacon. Or simply as it is with grilled meat (chicken breast, pork medallion) or a piece of fish with zest of lemon).

ROASTED RED CAPSICUMS AND MIXED RICE

4 red capsicums
1 cup of basmati rice
1 onion
1 clove garlic
½ cup of cherry tomatoes (if in season)
½ cup of frozen/fresh peas
½ cup raisins
½ cup of sweet corn
½ cup of cubed free range ham or chicken
1 bunch of basil/parsley
1 litre of chicken stock

FRENCH VINAIGRETTE

3 tablespoons of extra virgin olive oil
2 tablespoons of vinegar (white, red, balsamic) or 2 tbsp of lemon juice
1 tbsp of French Dijon mustard
Salt and pepper
Put everything in a jar and shake. Ready!
You can keep it in your fridge for the whole week.

Put basmati rice in 1 litre of chicken stock and let simmer until cook. Add more water if necessary. When cooked put rice in sieve and let it rest on side. Keep a bit of chicken stock for later. In a fryer pan, add one tablespoon of extra virgin olive oil. Add chopped onion and garlic and let it become brownish. Add peas, sweetcorn, chicken. When everything is cooked, add rice, raisins and tomatoes to fryer pan. If too dry, add chicken stock. Add chopped fresh herbs. Set aside. Cut top of 4 capsicums. Empty them and rinse them. Place in ovenproof dish; fill them up with rice mixture. Put top back on and let them roast in oven at 180 °Celsius for 20 min or more if capsicum is still too hard.

Serving suggestions: with a rocket salad, chopped red onion and vinaigrette (see above recipe).