

Dinner & A Book Recipes

Episode #1603 – Midwest Foraging

Ratatouille

Serves 3-4

- 1 eggplant, white or purple le chopped in cubes
- 1 yellow zucchini, slice in circles
- 1 green pepper, sliced in strips, you can use red pepper or yellow pepper
- 1/2 yellow onion, sliced
- 1 t. chopped garlic
- 1 t. sea salt
- 1/2 bunch fresh basil, shopped3 tomatoes cut in half or in quarters depending on size of tomatoes.

Heat 1/4 c. olive in a large pan. Add onion and cook. Add garlic.

Add all ingredients plus 1/2 c. red or rose wine and cook for about 25 minutes. You don't want the vegetables to be mushy. You can also add 2-3 cooked sausages, sliced in chunks.

At the end you can add 1/2 c. shredded mozzarella and or 1/4 c. sliced Parmesan cheese.

Turn off heat and let cheese melt.

Apple Chutney

Makes about 1 1/2 cups

- 2 Granny Smith apples, cored and chopped

- 1/2 c. chopped yellow onion
- 1 T. ginger, minced
- 1/2 c. orange juice
- 1/3. cider vinegar
- 1/2 c. light brown sugar
- 1/8 t. red pepper flakes
- 1/2 c. raisins
- 1 T. salt

Mix everything in a bowl, except for the raisins. Bring to a boil in a pan and simmer 40 minutes. Cool and add raisins. Serve with fish, chicken or as a spread for slices of French bread.

Hors d'oeuvre

Take a large plate or tray depending on the number of people

Display 1 wedge of blue cheese, 10-15 fresh dried apricots, 15 walnuts (spit in half), 20 raisins, fresh sesame crackers. Serve with mojitos.

Spearmint Mojito

Muddle 2 sprigs of mint for each glass

Add 1 measure of light rum to 1/2 measure of sugar water to 2 measures of sprite or 7-Up. Add crushed ice.

