

# CHBC Demo Recipes

## Vegetable Ratatouille

(Serves 4)

### A

10 pearl onions (peeled and halved)  
1 yellow pepper (chopped large)  
1 red pepper (chopped large)  
1 orange pepper (chopped large)  
1 baby zucchini (quartered)  
1 bunch baby carrots (cleaned)  
100 ml olive oil  
1 pinch salt and pepper

### B

10 cloves garlic (chopped fine)  
250 ml Merlot wine

### C

1 can mixed beans (drained)  
1 can tomatoes  
1 green pepper (chopped large)  
¼ cup fresh basil (chopped fine)  
salt and pepper to taste

- A.** In a big frying pan over medium to high heat, cook one vegetable at a time in a little olive oil, just until it's tender and has a little caramel color. Remove from pan with slotted spoon to retain olive oil in the pan. Repeat this step until all of A is cooked.
- B.** Add garlic and sauté just until golden. Deglaze with wine and let reduce until 75% is absorbed.
- C.** Add rest of ingredients, cover pan and bring to a simmer, than serve.



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