Ciambotta

Italian Stew with Fresh Vegetables

Easy 2 Servings 50 min.



The French ratatouille is perhaps the best-known vegetable stew, but Italian cuisine also features many regional stew recipes, such as the Calabrian ciambotta, which is also called giambotta or ciabotta in other Italian regions. While there is no such thing as a “typical” Italian vegetable, vegetables are found in almost every dish—and that is what is typically Italian. Thanks to the temperate climate, markets offer an abundance of different varieties year-round: eggplant, carrots, fennel, celery, beans, and squash. Any vegetables available at the market are fair game. The interplay of different vegetables in a ciambotta makes for a special treat. Juicy tomatoes are always a key ingredient.

Ingredients

200 g eggplant

1 yellow bell pepper

1 ½ cans ORO di Parma chopped tomatoes

1 white onion

2 garlic cloves

1 green chili pepper

2 tbsp olive oil

1 bunch of basil; set aside a few leaves for garnish

1 tbsp Aceto Balsamico di Modena

Salt and freshly ground pepper

1 ciabatta roll as a side dish

Step 1: The Preparation

First, prepare the vegetables. Wash and trim the eggplant and bell peppers, then cut them into bite-sized pieces. Peel the onion and dice it into small cubes. Next, wash the chili peppers, remove the seeds, and chop them finely. For the garlic, just peel it first.

Step 2: Sauté the vegetables

Heat some olive oil in a pan and sauté the eggplant, onion, and bell pepper for five minutes. Press the peeled garlic with a garlic press and add it to the pan along with the chili pepper. Sauté for another five minutes over low heat. Add the chopped tomatoes and let them simmer briefly. Even now, incredibly delicious aromas are wafting up—buonissimo. Don't leave the vegetables on the stove too long—they taste best when they're still chunky. For a more intense flavor, finely chop Italian herbs, such as basil, and stir them in along with a little balsamic vinegar. Season to taste with salt and pepper.

Step 3: The Finale

Arrange the braised vegetables on plates and garnish with basil. Serve with freshly toasted ciabatta bread Simply delizioso!

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