



THE FEARLESS OLIVE
BY REEMA ISLAM



Winter bounty VEGETABLES GALORE!

As winter chills set in and hot vapours rising from your bowl of soup are a welcome sight, let's bring in some colour to our kitchens by celebrating the bounty that the winter crop brings in. Hit the markets and fill your shopping baskets with the best of winter vegetables and allow yours truly to suggest a few things you can cook up with the plethora of veggies available these days.

PALEO MEAL

Sweet potato with Zucchini

Paleo diets are the rage these days as people are finding new, healthier ways of living. This diet looks into what our ancestors may have consumed, sans cereals and obviously: processed foods.

Ingredients:

1 sweet potato, shredded (you can use a shredder or thinly chop then into strips)
1 zucchini, shredded
1 cup boiled beef, shredded (boil some beef with salt, pepper and garlic paste until tender)
2 green chillies ground into a paste
½ tsp thyme
1 tsp fennel seeds or saunf
1 tsp ground cumin or jeera powder



½ cup thickly sliced onions
½ tbsp diced garlic
1 tbsp (15 ml) coconut oil for cooking
Salt and pepper to taste

Method:

Heat one tablespoon of coconut oil into a frying pan, then add onions and garlic and sauté for about one minute before adding in the shredded sweet potato, shredded zucchini, and boiled meat. Cook until the vegetables reach your desired tenderness.

Serving

Serve with diced green onions and mint leaves. You can eat this as it is or with some rice and bread

RATATOUILLE

This vegetable stewed dish originates in the Provençal region of France and is eaten all over the Mediterranean. As each vegetable is separately stewed, the flavours of each dissolve in your mouth so unless you don't

have an eager rat called Ratatouille, who could be the next big chef in town, enjoy making this rustic dish of yumminess!

Ingredients:

1 onion, sliced thin
2 garlic cloves, minced
¾-pound eggplant, cut into ½-inch pieces
1 small zucchini, scrap the top just a bit; do not peel, cut into thin round slices
1 red bell pepper, chopped
¾ pound small ripe tomatoes, chopped coarse
¼ tsp dried oregano
¼ tsp dried thyme
¼ tsp coriander powder
¼ teaspoon fennel seeds
½ cup shredded fresh basil leaves (or if dried ones then use 1 tbsp)
Salt and pepper to taste
½ cup lemon juice
5 tbsp olive oil

Method:

In a large skillet cook the onion and the garlic in two tablespoons of the oil until the onion is softened. Add the remaining 3 tablespoons oil and heat it over moderately high heat until it is hot but not smoking.

