



# Ratatouille with **Black and White Garlic** and Fried Egg.



**DIFFICULTY**  
LOW

\*\*\*\*\*



**CUISINE**  
MEDITERRANEA



**SERVES**  
4



**TYPE OF DISH**  
MAIN COURSE



**PREPARATION TIME**  
20 MINUTES



**TYPE OF GARLIC**  
BLACK AND WHITE

## Ingredientes

- 8 cloves of 'Big Garlic' Black Garlic
- 2 cloves of 'Big Garlic' White Garlic
- 2 Raf tomatoes
- 1 Courgette
- 1 Red bell pepper
- 1 Aubergine
- Chopped parsley
- 4 Eggs
- Extra virgin olive oil
- Salt

## Paso a Paso



1. Peel the black garlic cloves and put aside.
2. Dice the pepper very finely. Do the same with the courgette, tomatoes, pepper and aubergine.
3. Heat a dash of extra-virgin olive oil in a frying pan over a medium heat and add, in order, the aubergine, pepper and courgette. Cook until slightly softened, then add the chopped tomatoes and lastly, the cloves of black garlic.
4. Leave to cook for 5 minutes. Then make a well in the middle of the pan and add the egg. Take off the heat and put aside.
5. Peel and chop the white garlic, and sauté in a little oil until golden. Once browned, remove from the heat.



## FINISHING THE DISH

6. Arrange a row of ratatouille on a plate and top with the black garlic.
7. Place the fried egg on the side, topped with the browned white garlic, a dash of oil, salt and the chopped parsley.



## CHEF'S TIPS Miguel Ángel Mateos:

- This is a simple but flavoursome dish, which is greatly enhanced by the golden brown white garlic and, of course, the black garlic (giving the ratatouille a note of sweetness and hint of liquorice).
- You can also use quail eggs, fried in the exact same way, for a magnificent way to top off the dish.
- This ratatouille also works wonders when paired with heavily sautéed diced onion and a few small potatoes.
- The above mentioned order in which the vegetables should be added to the pan is according to their density, in order to ensure their equal cooking time.