

GREEK BRIAM

SERVES 6

COOK TIME: 1HR 20 MIN

INGREDIENTS

1/2 large eggplant, cut into large wedges
2 medium zucchini, cut into large wedges
3 potatoes, peeled and cut into large wedges
2 colored peppers, cut into 1/4's
2 medium tomatoes, diced or 4 small tomatoes
1 red onion, cut into large pieces
2 cloves garlic, chopped
1/2 bunch fresh parsley, washed and chopped
1/4 cup fresh basil, washed and chopped
1/2 bunch fresh dill, washed and chopped
1/2 tbsp salt
1/4 tbsp black pepper
1 tbsp dried oregano
1 tsp dried rosemary
1 tsp dried thyme
3/4 cup extra virgin olive oil
1 tbsp tomato paste
3/4 cup water

METHOD

Preheat oven to 400 F.

Make sure when cutting the vegetables, they are kept in large pieces. This will allow them to hold their shape even when cooked down to a soft texture.

To a mixing bowl add all of the vegetables, fresh herbs, dried herbs, salt, pepper, olive oil, and tomato paste. Mix well with your hands until the vegetables are completely coated.

Carefully pour the vegetables onto a sheet pan evenly, then drizzle the water onto all of the vegetables.

Put the sheet pan into the oven and set a timer for 1 hour.

After 30 minutes has gone by, using a spatula carefully flip over the vegetables.

After an hour total has gone by, check the briam and make sure the potatoes are completely cooked and there's a nice golden caramelization on the vegetables. If there isn't, bake for 10 more minutes.



