

greek briam

ingredients:

- 2 tomatoes
- 2 eggplants
- 2 red peppers
- 2 green peppers
- 2 potatoes
- 2 zucchinis
- 3-4 red onions
- 5 cloves of garlic
- ½ to ¾ cup of very good olive oil
- 4 tablespoons good tomato paste
- herbs

tips

- 1) cut potatoes last so they don't get brown.
- 2) not pile the veggies too high in the cooking pans.
- 3) herbs (better fresh leaves): rosemary, thyme, oregano, basil, and bay leaves.
- 4) after baking, if the briam has not browned up, you can run it under the boiler for a short time.



instructions:

Slice veggies into chunks, do potatoes into bigger chunks. Prepare the fresh juice of the tomatoes: cut out their stem end, cut them in half and with skin side out rub them on a grater until only the skin is left which you discard. Chop garlic slightly and then chop all herbs with garlic. Split the veggies between two pans. Spoon on top the tomato juice, follow with the garlic and herb mix, add a small amount of salt and pepper and spoon at least a half cup olive oil per pan. Spoon two tbsp of good tomato paste (diluted in one cup of water) for each pan. Cover with foil. Bake for 1 hour at 350 degrees. For the last 15 minutes take off the foil and let the water evaporate. theoliveodysseys.com

Served with feta and a dollop of yogurt and grilled pita bread beside it or with rice/ orzo/ or any other grain.

If you leave out the pita bread it's gluten free.

If you leave out the feta and the yogurt it's vegan