

Giambotta

Giambotta is a warm weather Italian stew. It's a bit like the French ratatouille and uses seasonal vegetables like eggplant, zucchini and bell peppers. This happens to be the season for these wonderful veggies. Hallelujah! Giambotta often has potatoes, but I dispense with them and serve it over a summery mix of bulgur with parsley.

The extra time in preparing this recipe allows for the eggplant to sweat. You might go for a quick walk while you wait.

Preparation Time: 1 hour and 50 minutes - Servings: 2-4

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients on small plates or in bowls. Once everything's prepped and set out, this dish is easy to pre-cook and assemble. From prep to dining will be about 50 minutes. Prep 7 cloves of chopped garlic: 4 cloves for the marinara sauce and 3 cloves for the Giambotta. Prep 2 C. of chopped onion: 1/2 C. for the Marinara Sauce and 1-1/2 C. for the Giambotta. Also, plan on using 1-2/3 C. red wine in the Marinara Sauce.

Marinara Sauce

1 tsp. olive oil
4 cloves garlic (smashed and chopped)
1/2 C. red wine
1/2 C. yellow onion (chopped)

one 15 oz. can no-salt diced tomatoes
one 15 oz. can regular tomato sauce
another 1/2 C. red wine

2 T. dry basil leaves
1 T. dry oregano leaves
a few dashes Tabasco sauce

1 tsp. olive oil
(1/2 of the garlic from above)
another 2/3 C. red wine

Salad and Dressing

Fixings for a green salad

Il Semplico Dressing:

3 T. extra-virgin olive oil
1/2 tsp. Dijon mustard
2 T. white balsamic or rice wine vinegar
3 T. low-sodium vegetable broth
pinch of salt

Eggplant/Sausage/Bulgur

Eggplant:

1 large eggplant (cut in 1/2" thick slices)
2 tsp. salt

Sausage:

1 tsp. olive oil
1 Field Roast Apple Sausage

Bulgur:

1 C. bulgur
2 C. water plus 1/2 tsp. salt
1/4 C. parsley (chopped)

Giambotta

1 tsp. olive oil
2-1/2 C. cremini mushrooms (sliced)
1 zucchini (sliced)
3 cloves garlic (smashed and chopped)
1 tsp. olive oil
1-1/2 C. yellow onion (chopped)
2/3 C. red bell pepper (chopped)
1/3 C. green bell pepper (chopped)

5 Kalamata olives (chopped)
1/2 C. white wine
2 tsp. dried oregano
1/4 C. fresh basil (chopped)

2 T. lemon juice
3 T. shaved Parmesan

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

This is an easy meal to assemble. Start by prepping the eggplant, browning the sausage and cooking the bulgur. Simply follow the sequence below. Giambottas are traditionally baked in the oven. This one is cooked entirely on the stovetop. (It'll keep the kitchen a little cooler.)

Marinara Sauce

1. Toss 1/2 of the chopped garlic in olive oil over medium-high heat until garlic starts to turn golden brown. Add 1/2 C. red wine and bring to boil. Cook 1 minute.
2. Add onion and toss until wine is almost gone.
3. Add tomato sauce (rinse cans with additional 1/2 C. red wine) and add to sauce.
4. Add spices and Tabasco. Bring to boil. Cover, reduce heat to low and cook 10-minutes.
5. Using a separate sauté pan, brown the remaining 1/2 of the chopped garlic in oil. Add another 2/3 C. wine, bring to a boil, cook for about a minute and turn off heat.
6. Add this additional wine and garlic to the large pan. Stir well and remove from burner.

Eggplant/Sausage/Bulgur

Eggplant:

Place sliced eggplant on a cookie sheet and sprinkle with 1/2 of the salt. Let sweat for 20 minutes. Dab bubbles of liquid from the top, turn, and sprinkle with remaining salt. Let sweat another 20 minutes and pat dry. Brown eggplant on an oiled griddle. Allow to cool and chop into 1" pieces.

Sausage:

Remove plastic casings and slice one sausage lengthwise. Brown on a griddle. Let cool and chop.

Bulgur:

Bring bulgur and salted water to a boil. Turn off heat, cover pan, leave on burner and let stand for 20 minutes. Just before serving, stir in chopped parsley.

Giambotta

1. Brown mushrooms in oil in a large sauté pan. Remove from pan.
2. Place zucchini slices in same pan and brown both sides. Sprinkle garlic in with the zucchini and toss until garlic becomes fragrant. Remove from pan. Allow to cool and chop into 1" pieces.
3. Heat additional oil in same pan until oil shimmers. Sear onions and peppers until onions get brown around the edges. Remove pan from heat and stir in chopped eggplant and chopped zucchini. Return pan to heat and add chopped olives, wine and oregano to the pan. Toss well. Add fresh basil and chopped sausage to the pan.
4. Mix 1-1/2 C. Marinara sauce with lemon juice. Pour over vegetable mixture and toss. Cover pan and simmer for 10 minutes. Allow to rest for 5 minutes before serving.

Salad/Dressing/Plate

Assemble salads on individual plates.

Il Semplico Dressing: Combine dressing ingredients in a small jar with a tight-fitting lid and shake well. Transfer dressing to a serving pitcher and let diners dress their own salads.

Plate: Stir parsley into bulgur. Measure 2/3 C. bulgur onto each dinner plate.

Ladle 2 C. Giambotta over and around bulgur and top with shaved Parmesan.