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Recipe number fifty-nine

This recipe is probably not of Italian origin ...
no idea where it comes from – but in its simplicity it is an inspired invention!

Le verdure dal forno

The vegetable tray

Ingredients for 4 people as a side dish –
for 2 people as a main course

About 800 g of vegetables from your store,
put them in the oven to 220 degrees.
for example:

Winter version

- potatoes, diced
- carrots, cut into batons
- celeriac, peeled, in small cubes
- beetroot, peeled, in batons
(scattered with sesame)
- pumpkin, in larger cubes
- onions, in wedges
- parsley roots, in thin slices

Summer version

- potatoes, diced
- carrots, cut into batons
- peppers, cut into squares
- aubergines, peeled, salted and
patted dry, in cubes
- courgettes, in slices
- onions, in wedges
- cherry tomatoes, pricked with a fork

Put each kind of trimmed, cut vegetable into its own small bowl or
soup plate.

Seasoning: Drizzle everything well with olive oil, salt it, pepper it if you like, and turn each vegetable
with your hands so that oil and salt are evenly distributed.

Line a large baking tray with paper and set the vegetables on it in little heaps.
Roast for about 30 minutes. After 20 minutes reduce the temperature to 180 degrees.

Various chopped herbs add right at the end, depending on the vegetable.

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VERONICA'S TIP

When cutting the vegetables, bear in mind
their different cooking times; that decides
the size of the cubes. Do try the celeriac
and the beetroot – what began as using up
leftovers became a culinary discovery for
me! It tastes so good that it needs neither
meat nor fish alongside!