

Ratatouille Provençal with SHO

Introduction

Ratatouille is a traditional French vegetable stew from Provence that celebrates seasonal summer vegetables. This institutional version uses frozen pre-cut vegetables to minimize handling while maintaining the rustic character of the dish. In this recipe, **SHO - Concentrated Light Stock** is used as a flavor enhancer in the cooking liquid, building savory depth throughout the vegetables as they simmer. Its concentrated stock character helps deliver consistent seasoning and complexity without the need to prepare a separate stock, making the recipe well suited to efficient large-scale production.

Recipe Details

Yield/Servings: 100 servings (Approx. 200 g per serving)

Allergens: None of the listed ingredients are among the major common allergens; verify product labels for cross-contact.

Prep Time: 25 minutes

Cook Time: 45 minutes

Total Time: 1 hour 10 minutes

Ingredients

Ingredient	Quantity (g)
SHO - Concentrated Light Stock	770
Frozen Cubed Eggplant	3090
Frozen Cubed Zucchini	3090
Frozen Cubed Bell Pepper Mix	2320
Frozen Chopped Onion	1550
Frozen Chopped Garlic	150
Dried Herbes de Provence	50
Water	5420
Tomato Paste	460
Canned Crushed Tomatoes	3100

Instructions

1. Add the water, **SHO - Concentrated Light Stock**, tomato paste, and canned crushed tomatoes to a large institutional kettle or heavy stockpot. Whisk until the tomato paste and stock are fully dispersed.
2. Bring the liquid to a boil over medium-high heat.
3. Add the frozen eggplant, zucchini, bell pepper mix, onion, and garlic in batches if necessary. Stir thoroughly so the vegetables are evenly distributed in the cooking liquid.
4. Return the mixture to a gentle boil, then reduce to a steady simmer. Cook uncovered for 25 to 30 minutes, stirring periodically, until the vegetables are fully tender and the mixture has reduced to a soft, compote-like consistency.
5. Stir in the dried herbes de Provence once the vegetables are fully cooked. Mix evenly, adjust the final consistency if necessary, and serve hot.