

Courgette Tian Serves 4

A tian is the name for a shallow Provençal baking dish and anything cooked in it. Sometimes made with cheese and rice, I prefer just vegetables. Baking the courgettes brings out their sweetness and makes a lovely accompaniment to lamb or chicken, or anything, as it's so gorgeous!

*3 tbsp olive oil
2 large onions, peeled and sliced
1 garlic clove, crushed
3 courgettes, thinly sliced on the diagonal
3 large tomatoes
Pinch of sugar*

Optional:

Grated cheese (I use a mix of parmesan and cheddar) – enough just to sprinkle all over

Heat the Oven to 200C gas mark 6 (or lower if that suits another dish you are cooking - the exact temperature is not important).

Heat half the olive oil in a large frying pan and add the onions with a pinch of salt. Cook gently until meltingly tender. Add the garlic and cook for another couple of minutes.

Oil a shallow gratin dish (mine is an oval, 10in/25cm long) and spread the onions in the base.

Arrange the courgettes and tomatoes in overlapping circles over the top.

Brush with olive oil, sprinkle with the sugar and season with salt and pepper. Sprinkle the cheese over.

Bake for about an hour, until coloured and slightly shrivelled, which means the flavours have intensified.

Eat the tian hot or at room temperature.