**Venetian Vegetables**

Serves 4

**Ingredients:**

**1 lb of SEASONAL VEGETABLES of your choice, e.g.** ZUCCHINI, PEPPERS, EGGPLANTS, CARROTS, or FENNEL. You can use just one type or a mix of different types of vegetables. For this recipe, it is not advised using cucumbers. red tomatoes, or turnips.

**2 lb of ONIONS**

**½ c. WHITE VINEGAR**

**½ lb of OIL** (peanut, corn, or sunflower seed), plus one spoon

**RAISINS** soaked in water (optional)

**1 HANDFUL of chopped almonds or pine-nuts**

**SALT, PEPPER**

**1 bay leaf** (optional)

Flour for frying

Tools:

a pan or an electric frier for frying

one pan

one plate with paper to drain vegetables

one chopping board, one tray

one pot lid

knives, one wooden spoon

Directions:

-PUT IN A PAN A SPOON OF OIL AND A BAY LEAF

-PUT FRYING OIL IN A PAN OR FRYER AND HIT IT

-MINEWHILE, SLICE ONIONS

-HIT OIL AND BAY LEAF, THEN ADD SLICED ONIONS, COVER WITH A POT LID AND COOK LOW TEMPERATURE

-CHOP VEGETABLES

-ADD TO ONIONS: PINE NUTS OR ALMONDS (ACCORDING TO YOUR TASTE), DRAINED RAISINGS, VINEGAR, SALT AND PEPPER. COVER WITH THE POT LID AND COOK AT LOW TEMPERATURE

-FLOUR VEGETABLES

-FRY VEGETABLES IN HOT OIL

-DRAIN VEGETABLES IN A PLATE COVERED WITH FRIED FOOD PAPER AND ADD SALT

-IN A TRAY, MAKE A LAYER OF VEGETABLES AND A LAYER OF ONION SWEET AND SOUR SAUCE (SAOR)