





Timbal de verduras

Timbal takes its name from the metal ring used to hold the dish together, in this case layers of roasted vegetables. "Timbal" in origin is the name of a shallow, single headed metal cased drum from Cuba. There are many types of "timbal" in modern Spanish cuisine. This one is based on our [coca recipe](#), on a base of potato, held together by a 4" "timbal".

Ingredients

1 eggplant

1 zucchini

1 spring onion

1 medium sized potato

3 cherry tomatoes (halved)

A handful of mushrooms, sliced and fried in olive oil

Salt, pepper, olive oil

Optional spices: pimentón, oregano, thyme or rosemary

Preparation

Split eggplant, zucchini, potato & onions lengthwise, and roast in a hot oven (385°F/200°C) until nicely browned - 50 minutes or so.

Roughly chop the onion, scoop out pulp from the eggplant & zucchini. remove skin & slice potato.

Set the ring on a piece of foil or baking parchment on a baking sheet, cover the bottom with the potato slices. Press down, add a drizzle of olive oil and a pinch of salt.

Then layer the onion, then eggplant, zucchini & the fried mushrooms.

Sprinkle each layer with a little salt & pepper (and spices if using), top with cherry tomatoes & another drizzle of olive oil.

Bake in a hot oven (385°F/200°C), until the tomatoes start to wrinkle. (mine took about 15 minutes).

Let cool a bit. Use the foil/paper to lift ring & all to a serving plate, gently slide out the foil/paper, lift off the ring with care and it's there.

Garnish with a sprig of thyme or rosemary, and a drizzle of your best olive oil.

Note:

1. Other vegetables to consider: red or green pepper, fennel, leek, etc.
2. The 4" ring used here makes a hearty serving for one.
3. Can be also be made in any type of baking dish, the ring just makes for a nicer presentation.
4. The zucchini has a high water content and will take a while to cook through. (Under cooked, it can make the result soggy.)



[**Download in PDF**](#)

[**Recipe List**](#)

[**Recipe List**](#)