

Briam Greek Baked Zucchini and Potatoes

Oscar · 29/09/2024



Prep Time

2 hrs

Difficult

Medium

Servings

4

Description

This briam recipe makes a roasted vegetable dish with potatoes zucchini tomatoes red onions and lots of olive oil It is a typical example of Greek cuisine where a few simple ingredients are turned into an utterly delicious dish with little effort Briam can be served as a main course with a hearty chunk of feta on the side

Ingredients

- - 2 pounds potatoes
- peeled and thinly sliced - 4 medium zucchini
- thinly sliced - 4 small red onions
- thinly sliced - 6 ripe tomatoes
- puréed - ½ cup olive oil - 2 tablespoons chopped fresh parsley (Optional) - sea salt and freshly ground black pepper to taste

Instructions

1. Gather all ingredients. Preheat the oven to 400 degrees F (200 degrees C). Dotdash Meredith Food Studios Spread potatoes
2. zucchini
3. and red onions in an extra-large baking dish (9x13-inch or larger
4. or 2 baking dishes). Dotdash Meredith Food Studios Cover with puréed tomatoes
5. olive oil
6. and parsley; season liberally with sea salt and pepper. Toss until vegetables are evenly coated. Dotdash Meredith Food Studios Bake in the preheated oven for 1 hour. Stir gently
7. then continue baking until vegetables are tender and moisture has evaporated
8. about 30 minutes more. Recipe Tip Add up to 1/4 cup of water if the vegetables are too dry after the first hour of baking. Don't add too much liquid
9. however
10. as there should be no water left at the end of baking. Cool briam slightly before serving or serve at room temperature. Dotdash Meredith Food Studios Cook's Note: You can purée the tomatoes by cutting them in half and grating them on a large box grater
11. leaving the skin behind. This might seem like a lot of time in the oven
12. but trust me. The bulk of the flavor is derived from this
13. and you definitely want some nice crusty and charred edges on your vegetables for maximum flavor. Don't be afraid of salt and pepper with this dish. Be liberal for best results. Start as you normally would
14. and you can always add more seasoning when you check after the 1-hour mark.