



Sicilian Eggplant Caponata

Makes about 4 cups, or 6–8 servings as an appetizer

Ingredients

- 1/2 cup olive oil
- 2 cloves garlic, crushed or minced
- 1/3 cup finely chopped celery
- 1/3 cup pitted green olives
- 1/4 cup red-wine vinegar
- 3 tablespoons golden raisins
- 3 plum tomatoes, cut into 1/4-inch (about 1 cup) or canned crushed tomatoes
- 4 cups 1/4-inch dice unpeeled eggplant (about 1-1/2 pounds)
- 3/4 cup finely chopped onion
- 1 large red bell pepper, diced
- 3 tablespoons chopped drained bottled capers
- 1-1/2 tablespoons sugar, or to taste
- 3 tablespoons pine nuts, toasted lightly
- 1/4 cup finely chopped flat-leafed parsley leaves
- Salt & freshly ground pepper to taste

Directions

1. Prepare the eggplant: cut the eggplant into 3/4-inch cubes and transfer to a colander. Sprinkle with kosher salt and place a bowl with a weight on top of the eggplant. Let drain for 1 hour. Blot the eggplant with paper towels.
2. In a heavy, preferably nonstick skillet heat 3 tablespoons of olive oil over moderately high heat until it is hot but not smoking. Add the eggplant in one layer, stirring, for 3 to 5 minutes, or until it is golden brown and tender; transfer it to a bowl. You may need to cook the eggplant in batches (if the eggplant is crowded, it will steam instead sauté).
3. To the skillet add 2 tablespoons olive oil and in it cook the onion, red pepper, garlic and the celery over moderate heat, stirring, for 5 minutes until the onion has softened. Add the olives, the capers, the vinegar, the sugar, the raisins, the pine nuts, and the tomatoes and cook the mixture, covered, stirring occasionally, for 5 minutes more. Add the eggplant, and season to taste. Stir in the parsley, let the caponata cool, and chill it, covered, overnight for the best flavor.

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