

Caponata



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Recipe by: Laura Vitale

Serves 4-6

Prep Time: minutes

Cook Time: minutes

Ingredients

- 3 Tbsp Olive Oil
- 1 cup Chopped Celery
- 1 Medium Onion, chopped
- 1 Red Bell Pepper, chopped
- 1 Large Eggplant, cut into 1 inch cubes
- 1 28oz Can of Diced or Chunky Crushed Tomatoes
- ¼ cup Raisins
- 3 tbsp Capers
- ½ cup Pitted Kalamata Olives, cut in half
- 1 pinch of Hot Pepper Flakes
- 1 Tbsp Sugar
- 2 Tbsp Red Wine Vinegar
- Salt and Pepper, to taste
- Fresh Basil

1) Put the eggplant in a large colander and sit the colander on a plate or bowl to catch all the liquid. Take about 3 tbsp of salt and sprinkle it over the eggplant and toss it all together to make sure every piece of eggplant has salt on it.

2) Put a plate directly on top of the eggplant and add weights on top of that, Things like cans of tomato sauce, a brick or anything heavy. Let sit for 1 hour.

3) After 1 hour discard the water and wash the eggplants very well, drain them on a kitchen towel and dry them well to make sure they are not soaking wet. Set them aside while you start sautéing your veggies.

4) In a large non stick pan, over medium high heat sauté the chopped onion, pepper and celery with the olive oil for about 5 minutes, or until the veggies start to cook down and get translucent. Then add the eggplant and a pinch of hot pepper flakes and cook for about 3 minutes.

5) Add the canned tomatoes and raisins and reduce the heat to medium. Cook for 20 to 25 minutes, until all the veggies are cooked and the stew is nice and thick.

6) Add the remaining ingredients and cook for about 1 more minute. Taste and season well with salt and pepper and enjoy!

This dish is so fabulous to eat over some rigatoni cooked al dente or over some smooth polenta full of parmiggiano reggiano. But my favorite way is to eat it with a ridiculously large chunk of crusty Italian bread for the best sandwich you will ever have. By the way this dish just gets better and better as it sits, leftover are a real joy.

