

Caponata

Serves 6-8 as an appetizer.

Ingredients

- 1½ lbs Chinese eggplant, roasted
- 2 tbsp olive oil
- 1 medium red onion, chopped
- 2 stalks celery, small diced
- 3 large garlic cloves, minced
- 2 red bell peppers, diced
- Salt to taste
- 1 lb Roma tomatoes
- 3 heaping tbsp capers, rinsed and drained
- 3 tbsp coarsely chopped pitted green olives
- 2 tbsp sugar
- 2 tbsp + 2 tsp red wine vinegar
- Freshly ground black pepper to taste
- 1 tbsp tomato paste

Instructions

Roast the eggplant until the skin begins to peel away. Let cool, remove the skins, and coarsely chop.

Heat 1 tablespoon olive oil in a large skillet over medium heat. Add the onion and celery and cook until softened, about 5 minutes. Add the garlic and cook for 1 minute, then add the bell peppers and season with salt. Cook until just tender, about 8 minutes.

Add the remaining 1 tablespoon olive oil and the eggplant. Cook for another 5 minutes, stirring occasionally.

Add the tomatoes, tomato paste, a pinch of salt, and a pinch of sugar. Cook for 10 minutes, stirring occasionally, until the tomatoes begin to break down.

Add the capers, olives, remaining sugar, and red wine vinegar. Reduce the heat to medium-low and simmer for 20–30 minutes, stirring occasionally, until the vegetables are tender and the caponata is thick and fragrant.

Season with salt and pepper to taste and let cool to room temperature. For the best flavor, refrigerate overnight and bring to room temperature before serving.