



Caponata



FEEDS

4 - 6

COOK TIME

1 hour

INGREDIENTS

1 medium/large eggplant
3 tablespoons olive oil, divided
2 celery stalks, chopped
1 medium/large onion, finely diced
2 sweet peppers
2 large tomatoes, chopped (or equivalent amount of small tomatoes)
1/4 - 1/2 cup green olives, chopped
4 teaspoons capers, rinsed and chopped
1/4 cup oregano, chopped
1/4 cup red wine vinegar
1 teaspoon sugar
kosher salt and ground pepper

INSTRUCTIONS

Roast the eggplant at 425 degrees until fork tender; allow to cool and chop coarsely.

Meanwhile, heat 2 tablespoon of the oil over medium heat in a large heavy pan - Dutch oven works great - and add onion and celery. Cook until the onion softens (about 5 minutes), stirring often. Add garlic and cook until garlic begins to smell fragrant (about 30 seconds). Add pepper and 1/2 teaspoon of salt and cook until just almost tender (about 5-8 minutes). Add another 2 tablespoons of olive oil along with the eggplant and stir together for another 5 minutes.

Add chopped tomatoes, sugar, and oregano as well as additional salt and ground pepper to taste. Cook for about 5 to 10 minutes, stirring often, until the tomatoes have cooked down somewhat. Add the capers, olives, and vinegar. Turn the heat to medium-low and cook entire mixture uncovered for between 15 and 30 minutes. Note: mixture will thicken as it cooks so cook according to your taste and time preferences.

Best when allowed to cool to room temperature and served with good crusty bread!

NOTES

*Recipe adapted from <https://cooking.nytimes.com/recipes/1016445-caponata>
AND <https://www.bonappetit.com/recipe/caponata>