

Caponata - Eggplant Appetizer

Kim and Breanne Driscoll

Ingredients

1 medium eggplant, peeled and cut into ½-inch cubes

¼ cup salt

2 tablespoons olive oil (for sautéing the celery, onion and garlic)

1 cup finely chopped celery

1 medium onion, chopped

1 clove garlic, minced

2 tablespoons olive oil (for eggplant)

1 ½ cups whole, peeled tomatoes, drained and roughly chopped

12 green olives, chopped

1 ½ tablespoons capers, drained

2 tablespoons red wine vinegar

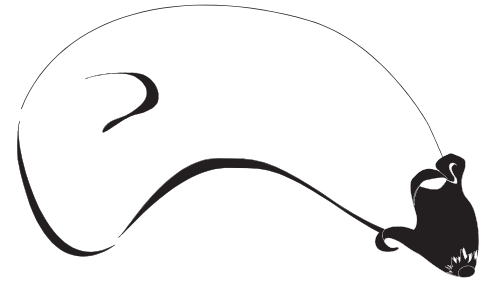
2 tablespoons tomato paste

1 tablespoon minced oregano

2 teaspoons sugar

salt and pepper to taste

toasted crusty bread



Directions

Place eggplant cubes in a non-reactive strainer, sprinkle with ¼ cup salt and allow to drain for 30-60 minutes.

In a pan, heat 2 tablespoons olive oil. Sauté celery until soft – about four minutes.

Add chopped onion and minced garlic. Sauté mixture until onions and celery are lightly browned. Remove from pan to a separate bowl.

Add 2 tablespoons olive oil to pan. Cook eggplant until golden brown.

Add celery and onion mixture to eggplant.

Add remaining ingredients to pan.

Bring mixture to a boil, reduce heat, and simmer uncovered until thickened and all veggies are soft. Remove from heat.

Slightly mash mixture with a masher. Serve on toasted, crusty bread.