

Italian Caponata

unknown



- 2 pounds eggplant, Japanese type
- 1 pound roma tomatoes
- 1/2 cup olive oil
- 1 medium onion, chopped
- 1 medium red onion, chopped
- 1 1/2 cups celery, chopped
- 1 large garlic clove, minced
- 1/4 cup parsley, minced
- 12 whole olives, Mediterranean, pitted
- 2 tablespoons capers
- 1/4 cup red wine vinegar
- 2 tablespoons water
- 1 tablespoon sugar
- 1 1/2 tablespoons tomato paste
- salt and pepper, to taste
- 2 tablespoons pine nuts, toasted

Per Serving (excluding unknown items): 176 Calories; 13g Fat (65.0% calories from fat); 2g Protein; 14g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 137mg Sodium; 8g Total Sugars; 0mcg Vitamin D; 42mg Calcium; 1mg Iron; 459mg Potassium; 63mg Phosphorus. Exchanges: 0 Grain(Starch).

Carolyn T's Blog: tastingspoons.com

Servings: 10

Preparation Time: 40 minutes

Start to Finish Time: 24 hours

The best part of this is that it needs to be made ahead. The flavors are really enhanced after a day or two of mellowing together. When making as a low-fat appetizer, I use less olive oil. This is, by far, my favorite caponata recipe.

1. With a sharp paring knife, peel 2 eggplants; leave other eggplant unpeeled to add color and texture to the dish. 2. Cut all eggplant into 1-2-inch cubes; place cubes in colanders over paper towels, salt well and mix eggplant with your hands. Allow to drain about 30 minutes, preferably 1-2 hours, while preparing other ingredients. Peel the tomatoes by dipping a few at a time in boiling water for 5-15 seconds and then into cold water. Carefully remove skins and cut tomatoes in half. Remove and discard seeds, then dice tomatoes.

3. In a large, heavy skillet heat about 3 T olive oil and add onions. Cook about 8 minutes, until onions are soft, but not browned, stirring occasionally. Add celery, garlic and mix thoroughly. Continue cooking until all vegetables are soft and tender, about 5 minutes. With slotted spoon, remove vegetables to a large Dutch oven or roasting pot. Pat eggplant dry with paper towels to remove salt and liquid. In the same skillet, cook a single layer of eggplant, adding olive oil as needed and stir constantly for about 8 minutes, until soft, tender and slightly browned. Remove eggplant to Dutch oven and brown succeeding batches, adding oil as needed. Add diced tomatoes, parsley, olives and capers to cooked vegetable mixture in skillet; mix well and cook over low heat for a few minutes.

4. In a bowl combine the vinegar, water, sugar and tomato paste and stir until sugar is fully dissolved. Pour mixture into Dutch oven and stir thoroughly. Cover and cook over low heat for 15 minutes, stirring often. Be careful not to break up mixture to a mush; the vegetables need to retain their shape and texture and not become soupy. Season to taste with salt and pepper.

5. Remove from heat and refrigerate, covered, for at least one day to let all the flavors mellow. To serve, spoon mixture into a salad bowl or plate (wood is recommended) and garnish top with toasted pine nuts. Serve with toasted pita triangles or baguette slices or crusty Italian bread.

6. TO TOAST PINE NUTS: Place nuts in a single layer in a dry Teflon coated skillet over low heat and toast until lightly brown, stirring and WATCHING CONSTANTLY.