

Eggplant Caponata

By Domenico Tolomeo

Eggplant caponata is a sweet and sour eggplant relish that combines the earthy flavors of eggplant with a variety of other ingredients to create a delicious and versatile condiment!

Yield: 6-8 servings

Prep Time: 30 minutes

Cook Time: 30 minutes

Ingredients:

- 4 eggplants (cubed)
- Olitalia Extra Virgin Olive Oil (for frying)
- 1 stalk celery (diced)
- 1½ spanish onions (cut into half moon strips)
- 6oz (¾ cup) tomato paste
- 28oz (1 can) Ciao Authentica Crushed Tomatoes
- 2 tablespoons sugar
- Salt (to taste)
- Pepper (to taste)
- 3 tablespoons capers
- 4 tablespoons sherry vinegar
- 20 Castelvetrano olives (crushed, pitted and lightly chopped)
- 2 tablespoons honey



Instructions:

1. Place the cubed eggplant in a colander, sprinkle it with salt, and let it sit for 30 minutes. This process helps remove bitterness from the eggplant and enhances its flavor.
2. In a deep-frying pan, heat olive oil until it reaches a temperature of 350°F (175°C). Add the cubed eggplant and fry until golden brown. Once cooked, transfer the fried eggplant to a sheet pan lined with paper towels to drain excess oil. Then place it in a tray, cover it, and place in the refrigerator to cool.
3. In a Dutch oven, drizzle olive oil to coat the bottom and place it over medium heat for 2-3 minutes. Add the chopped celery and onions to the pot and cook until they become soft and the onions turn light brown, which typically takes 5-7 minutes.
4. Stir in the tomato paste until it is well absorbed by the vegetables.
5. Add the Ciao Authentica Crushed Tomatoes to the pot and simmer over low-medium heat, stirring to ensure the celery and onions are well incorporated into the mixture.
6. After 5 minutes, add the sugar, salt, pepper, capers, sherry vinegar, and olives. Cook the mixture slowly for about 30 minutes.
7. Finally, add the honey and stir it in slowly. Allow the tomato mixture to cool to room temperature, then transfer it to a bowl and cover it. Place the bowl in the refrigerator and let it rest for 24 hours. This resting period allows the flavors to meld together.
8. The next day, mix the tomato mixture with the fried eggplant. Caponata is best served cold.