

Sicilian Eggplant Caponata

Savannah · 28/09/2024

**Prep Time**

30 mins

Difficult

Medium

Servings

1 hr 30 mins

Description

Caponata is a Sicilian eggplant relish or appetizer that can be served hot or cold Delicious on toasted crusty bread

Ingredients

- - 1 eggplant
- peeled and cut into ½-inch cubes - salt to taste - ¼ cup olive oil
- divided - 1 cup finely chopped celery - 1 medium onion
- finely chopped - 1 clove garlic
- minced - 1 ½ cups canned plum tomatoes
- drained and coarsely chopped - 12 green olives
- pitted and coarsely chopped - 1 ½ tablespoons drained capers - 1 tablespoon tomato paste - 1 teaspoon freshly minced oregano - 2 tablespoons red wine vinegar - 2 teaspoons white sugar - 1 teaspoon salt - ground black pepper to taste - 2 teaspoons minced fresh parsley
- or to taste

Instructions

1. Toss eggplant with salt and place in a colander set over a bowl. Let sit
2. about 30 minutes. Rinse and pat dry. Dotdash Meredith Food Studios Heat 2 tablespoons olive oil in a large skillet over medium heat. Add celery; cook
3. stirring often
4. until softened
5. about 3 to 4 minutes. Add onion and garlic; cook and stir until onion is soft and lightly golden
6. about 4 to 5 minutes. Transfer the mixture to a bowl using a slotted spoon. Dotdash Meredith Food Studios Heat remaining 2 tablespoons olive oil in the skillet. Add eggplant and cook
7. stirring constantly
8. until lightly browned
9. 5 minutes. Dotdash Meredith Food Studios Stir in celery mixture
10. tomatoes
11. olives
12. capers
13. tomato paste
14. and oregano. Bring to a boil; reduce heat to low and simmer uncovered until caponata is thickened
15. about 15 minutes. Dotdash Meredith Food Studios Season caponata with vinegar
16. sugar
17. salt
18. and black pepper. Transfer to a serving bowl and garnish with parsley.