Easy Caponata

Savannah · 28/09/2024



Prep Time

56 mins

Dificult

Medium

Servings

6

Description

Caponata is a Sicilian dish with eggplant zucchini tomato and peppers traditionally cooked in oil and vinegar and flavored with sugar raisins capers olives and pine nuts Its tangy sweet crunchy and salty all at the same time Serve at room temperature as a side dish to grilled fish or as a starter on toasted bread Store leftovers in fridge and reheat gently It will taste even better the next day

Ingredients

- - 2 stalks stalk celery
- chopped into 1/4-inch pieces - ½ cup olive oil - 1 onion
- thinly sliced - 1 medium eggplant
- chopped into bite-size pieces - 2 red bell peppers
- thinly sliced - 2 zucchini
- cubed - 1 ¾ cups tomato puree (passata) - ½ cup white vinegar - 1 tablespoon white sugar - 10 black olives
- pitted - 2 tablespoons raisins - 2 tablespoons pine nuts - 1 teaspoon capers - salt and ground black pepper to taste - 10 leaves basil
- chopped

Instructions

1. Bring a large pot of lightly salted water to a boil. Add celery and cook uncovered until softened
2. about 1 minute. Drain in a colander and immediately immerse in ice water for several minutes to stop the cooking process. Drain. Heat oil in a large non-stick skillet over medium heat; add onion and celery and cook until soft and translucent
3. about 5 minutes. Add eggplant
4. red bell peppers
5. and zucchini and cook until slightly softened
6. about 5 minutes. Stir in tomato puree
7. vinegar
8. and sugar. Cook until the vegetables are tender
9. about 15 minutes. Add olives
10. raisins
11. pine nuts
12. and capers. Season with salt and pepper and cook until flavors are well combined
13. about 5 minutes. Remove skillet from heat; stir in chopped basil. Cool and serve at room temperature.