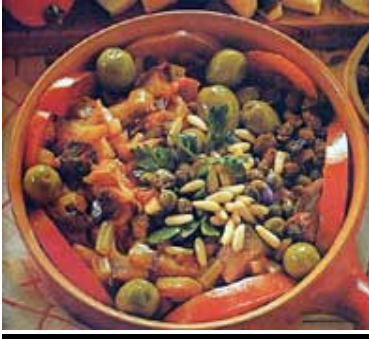


Caponatina Siciliana

Le ricette di cucina di Frank Russo-Alessi



Ingredienti

2 Large eggplants
salt and pepper to taste
1 jar (6.5 oz) oil cured black olives, pitted and sliced
1 jar (5.75 oz) green olives w/pimientos, drained and sliced
2 cups of water
4 large stalks of celery, diced
½ to 2/3 cup of olive oil
2 larges onions, chopped
2 cans (16 oz each) tomato sauce
¼ cup of sugar
½ cup red wine vinegar

Come Fare

Trim and cube eggplants. Transfer to a colander. Sprinkle with Kosher salt for 30 minutes.

After 30 minutes rinse and pat dry.

Mix black olives, green olives and capers in a bowl.

Blanch the celery.

Heat 3 tablespoons of olive oil in a large skillet. Cook eggplant in small batches, replenishing the olive oil as necessary with each batch. Cook eggplant until lightly browned. Transfer each batch to a separate bowl.

After cooking all of the eggplant, sauté the onions and celery for approximately 5 minutes.

Add the eggplant to the onions and celery. Add the olives and capers. Add the tomato sauce and water. Stir well. Allow to simmer for 30 minutes. Salt and Pepper to taste.

While the vegetables are cooking, combine the sugar and vinegar in a bowl. Allow the sugar to dissolve.

When the vegetables have finished cooking, add the vinegar/sugar mixture. Mix well. Remove the skillet from the heat.

Put in mason jars or covered bowl. Refrigerate.

Buon Appetito!

Please send recipes, comments and suggestions to

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