

Caponata

Ingredients:

8 lbs. small eggplants cut into large cubes, salt
1 head celery, thinly sliced, ¼ cup extra virgin olive oil
2 lbs. onions, thinly sliced
3 28-ounce cans whole, peeled San Marzano tomatoes
5 cups pitted & sliced green olives, 2 cups capers, rinsed & drained
2 tbsp. sugar, 2-4 tbsp. white wine vinegar
½ cup vegetable oil (for frying)

Directions:

Place eggplant pieces into a colander, sprinkle liberally with salt. Set aside for 2 hours. Bring a lg. pot of water to a boil, and cook until soft. Drain and set aside. In a pan over medium heat, warm the olive oil. Add onions and sauté until soft. Add tomatoes, crush with a wooden spoon while cooking. Cook for 5 minutes and add olives and capers and celery. Add sugar and taste...it should have a sweet and sour taste...if it's too sweet, add vinegar one tsp. at a time and taste again.

Rinse eggplant and pat dry. In a lg. saucepan over medium heat, add approx. 2 inches of vegetable oil and fry the eggplant in batches until golden brown. Drain on paper towels. Place the sauce and eggplant in a lg. bowl and cool. Mix well.

Caponata can be eaten as a side dish or as part of an antipasto. You can also put into 16 ounce canning jars and refrigerate for a month.

Makes 8 jars.