

Caponata

*Eggplants in sweet
and sour sauce*



Recipe

CAPONATA

[EGGPLANTS IN SWEET AND SOUR SAUCE]

Preparation time: 2 hours

Difficulty: ● ● ● ● ●

Wine pairing: La Segreta Il Rosso - 50% Nero d'Avola, 25% Merlot, 20% Syrah, 5% Cabernet Franc. Flavors of redcurrant, mulberry and spice are set against a background of soft, silky tannins. A youthful and refreshing red.

Oil: Extra-Virgin Olive Oil IGP Sicilia (Nocellara del Belice, Biancolilla, Cerasuola).

Ingredients - Serves 4

2 KG / 4 LB. 4 OZ. EGGPLANT
200 G / 7 OZ. ONION, CHOPPED COARSELY
150 G / 5 ½ OZ. TOMATO PASTE
200 G / 7 OZ. CELERY, CHOPPED
100 G / 3 ½ OZ. CAPERS, RINSED AND DRAINED
200 G / 7 OZ. PITTED GREEN OLIVES
50 ML / 1 ¾ FL. OZ. RED WINE VINEGAR
50 G / 1 ¾ OZ. TOASTED ALMONDS
50 G / 1 ¾ OZ. GRANULATED SUGAR
MINT LEAVES
10 ML / ¼ FL. OZ. PLANETA EXTRA VIRGIN OLIVE OIL
OLIVE OIL FOR FRYING
SEA SALT
SALT TO TASTE
PEPPER TO TASTE

Preparation

Wash the eggplants, cut them into 1-½-cm (¾-inch) cubes, sprinkle with sea salt, then place in a colander for about 30 minutes. Rinse and dry the eggplants, then fry them in a generous amount of olive oil. Wash the celery, remove any tough strings and chop. Bring a pot of unsalted water to boil and blanch the celery for 2 minutes; then add half the olives and the capers. After 4-5 minutes, pour the vegetables into a colander and drain. Heat some oil in a pan. Let the onion soften over low heat, but don't let it brown. Add the chopped celery, the capers, the blanched olives, a pinch of pepper and cook for 2 minutes. Add the tomato paste and stir. Increase the heat. In the middle of the pan, make a well and pour in the sugar. Let the sugar dissolve, then add the vinegar and cook for 2 to 3 minutes. Pour the condiment over the eggplant. Do not stir the mixture until cool. Sprinkle with crushed toasted almonds and mint leaves.

