

# EGGPLANT CAPONATA

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## Ingredients

2 pounds of Eggplant,  
cubed (about 3  
medium)

2 Tablespoons Kosher  
salt

1/4 Cup plus 2  
Tablespoons blended  
oil

1 large Yellow Onion,  
chopped

1/2 Cup chopped  
Celery

1/4 Cup Red Wine  
Vinegar

1-1/2 Cups crushed  
Tomatoes

3 Tablespoons capers,  
**rinsed**

1/2 Cup Kalamata  
Olives, sliced

2 Tablespoons Sugar or  
Honey

Ground black pepper

Fresh basil, sliced

## Directions

Pre-heat oven 400F.

Lightly salt Eggplant and place in a colander to drain out excess water and bitterness, about 1 hour. Place Eggplant on a baking sheet and bake for 25 minutes.

Meanwhile, over medium-high, heat oil in a large pot and quickly cook Onion until slightly browned. Add Celery and stir 1 minute. Pour in Red Wine Vinegar and then Tomatoes and cook 5 minutes.

Stir in Roasted Eggplant, Olives, Capers and taste for seasoning and add Sugar/Salt/Black pepper accordingly.

*Serve with Beef, Lamb or Game as an accompaniment; stirred into Pasta as a side dish, or over toasted bread and topped with Feta Cheese*

*Flavor will improve if made a day ahead and allowed to infuse!*