



GEORGE
CHIALA'S
RECIPE
OF
THE MONTH
COLLECTION

MAR 2015
Recipe 69

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Sicilian Eggplant Caponata

PREPARATION

- 1 - Cut the eggplants into 1-inch cubes. Toss them in a little olive oil and roast for 15 minutes at 400F.
- 2 - Prepare other vegetables: Chop tomatoes into small pieces, chop onions into thin slices, mince garlic, cut celery stalks into 1-inch pieces and halve the olives.
- 3 - In a large saucepan, slowly sauté the onions, garlic and celery pieces in olive oil. The celery should be lightly cooked (firm but not raw). Add the tomatoes and the passata and bring the mixture to a boil, then simmer for a few minutes until the sauce changes colour to a lighter red. Reduce heat and simmer for another 5 minutes.
- 4 - Add the eggplant, olives, capers, sherry, muscovado and basil to the mixture. Stir gently and allow to simmer covered (steaming) for about 30 minutes over a low heat until mixture thickens but doesn't burn; stir occasionally. Remove from heat and allow to cool.
- 5 - Chill for at least three hours before serving at room temperature.



Sicilian Eggplant Caponata

Cook's Note: This Sicilian comote of vegetables is traditionally served as a starter, but it is also delicious on bruschetta, griddled polenta cakes, with pasta, in a jacket potato, as a side with grilled chicken or fish.

Bon Appetit
-George

(photo by Marc-Henri)

INGREDIENTS

- 2 medium eggplants
- 1 lb 12 Oz of peeled ripe tomatoes
- 18 oz passata (sieved tomato sauce)
- 3 celery stalks
- 2 medium red onions
- 5 garlic cloves
- 6 oz large pitted green olives
- 3 tablespoons capers
- 2 tablespoons GC Farms' extra virgin olive oil, plus extra for serving
- 3 tablespoons sherry or red wine vinegar
- 2 tablespoons muscovado/dark brown sugar
- handful of basil leaves, shredded

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