

CAPONATA

INGREDIENTS

1 EGGPLANT, CUT IN 1" CUBES
OLIVE OIL
2 TEASPOONS SEA SALT
2 TABLESPOONS CAPERS
2 TABLESPOONS OLIVE OIL
1 SWEET RED PEPPER, CUT IN 1" CUBES
1 ONION, THINLY SLICED
4 STALKS CELERY
1/2 CUP OLIVES
1 TABLESPOON SUGAR
2 TABLESPOONS RED WINE VINEGAR



TIME & SERVINGS

1 HOUR
6 SERVINGS

HERE'S HOW

- 1 SOAK EGGPLANT IN SALTED WATER FOR 1/2 HOUR, DRAIN AND DRY.
- 2 SAUTE EGGPLANT IN 2 TABLESPOONS OIL UNTIL TENDER AND BROWN ON ALL SIDES. PUT EGGPLANT INTO COLANDER, RETURN OLIVE OIL THAT DRAINED FROM IT BACK INTO FRYING PAN.
- 3 SEPARATELY COOK THE PEPPER, ONION AND CELERY IN THE SAME MANNER, ADDING OIL AS NECESSARY.
- 4 COOK DRAINED AND DRIED CAPERS AND OLIVES IN OIL FOR 3 MINUTES, ADD TO VEGETABLES IN COLANDER.
- 5 ADD SUGAR TO FRYING PAN, STIR TO COMBINE WITH CARAMELIZED VEGETABLE JUICES IN PAN, WHEN SUGAR HAS MELTED, ADD VINEGAR, COOK UNTIL REDUCED BY HALF, ADD COOKED VEGETABLES, HEAT, WHILE STIRRING, FOR 3 MINUTES. SERVE HOT OR AT ROOM TEMPERATURE.

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MUSINGS ON FOOD AND COOKING
FROM A VERMONT KITCHEN