

Sicilian Eggplant Caponata

Ingredients :

4 medium eggplants (about 2 lbs.), cut into ¾-inch cubes
2 celery stalks, cut into ½-inch-long pieces
1 large red onion, thinly sliced lengthwise
1 large yellow bell pepper, cut into ¾" cubes
1 large red bell pepper, cut into ¾" cubes
6 oz. pitted green olives, halved
¼ cup tomato paste
½ cup red wine vinegar
2 tbsp. sugar
Fresh finely chopped parsley
Fresh Basil
3 bay leaves
Kosher salt
Freshly ground black pepper
Extra-virgin olive oil
Favorite fresh baked bread loaf

place eggplant into a bath of salted water and let sit for 30 mins while eggplant in soaking, sauté celery, onion, peppers with olive oil and salt until soft. drain eggplant, rinse with fresh water, press excess water out of eggplant by placing a container on top and pressing down. Remove pepper and onions from pan, place in separate dish. Sauté eggplant with olive oil (when eggplant starts to sweat add back in pepper and onion mixture) stir everything together constantly add in bay leaves, tomato paste (stir)then add sugar. When pan starts turning brown add red wine vinegar, stir mixture for 1-2 minutes, turn off heat. Add basil, parsley, and olives salt and pepper to taste, mix all together, place in separate dish and let sit in refrigerator for one hour. Serve on top of sliced bread.