

# Sicilian Caponata



## Ingredients

- 1 large eggplant, cut into cubes
- 2 red bell peppers (capsicum) cut into thick slices
- 4 cloves of garlic, smashed
- 1 large red onion, thick slices
- 2 red potatoes, cut into cubes
- 2 celery sticks, sliced
- Sea Salt
- Cup of vegetable stock
- Cracked black pepper (to taste)
- Olive oil
- Tin of cherry tomatoes
- 2 tablespoons of baby capers
- Handful of green olives, stoned and halved
- 1 tbsp of honey
- 4 tablespoons of red wine vinegar
- handful of toasted pine nuts
- handful of chopped fresh parsley
- Handful of fresh basil, torn

## Method

1. Lightly salt the diced eggplant and put in a colander over a sink, leaving it to sit for at least 30 minutes.
2. Lightly dry toast pine nuts in fry pan. Set aside for later.
3. Heat a wide, deep pan on medium heat and add potatoes and vegetable stock. Cover and stir periodically until absorbed.
4. Add olive oil and celery and continue to cook until potatoes are tender. Set aside mixture on a plate and wash pan.
5. Add a little more oil back to the clean pan and on a medium heat, cook off onion until translucent. Add smashed garlic and cook until onions become lightly golden and garlic is fragrant.
6. Add tomatoes to the pan and simmer for a few minutes. Set aside with potato and celery.
7. Add a little more oil and quickly sauté capsicum until the skin begins to slightly blister. Set aside with other vegetables.
8. Rinse eggplant under cold water and dry off on paper towel. Sauté the eggplant in small batches (being careful not to overcrowd the pan) until golden and soft, allowing the pan and oil to come back up to temperature between each batch.
9. Add all vegetables back to pan and stir in rinsed capers, olives, honey, vinegar and bring to a simmer for 10 minutes. Season, take off the heat and allow to cool to room temperature.
10. Mix through toasted pine nuts and fresh herbs.
11. Serve at room temperature or allow to rest overnight and serve the next day – this improves and enhances the flavour!