

Caponata



INGREDIENTS

- 2 large aubergines
- 1 teaspoon salt
- 3/4 cup olive oil
- 2 cloves garlic crushed
- 2 onions chopped
- 500gr plum tomatoes quartered
- 3 celery stalks diced
- 500gr pitted black olives
- 1/4 cup capers
- 1/2 cup pine nuts
- 1/4 cup red wine vinegar
- 2 teaspoon sugar
- Salt and pepper to taste

Preparation

Wash and cube unpeeled aubergine. Salt and let stand 1 hour. Squeeze dry. Sauté in oil until soft. Remove. Sauté onions and garlic in same oil. Add tomatoes, olives, and celery. Cook until tender-- 15 minutes. Add eggplant, capers, and pine nuts. In another pan heat vinegar and sugar. When dissolved, pour over the eggplant. Season to taste and cook an additional 20 minutes. Serve hot or cold as a relish with dinner or with bruschetta as a buffet or cocktail dish.