



Jinny's

Eggplant Caponata

Serves 10 as a snack

Eggplant Caponata

2 cups	red bell pepper
2 cups	red onion
6 cloves	garlic
2 pounds	eggplant
1/3 cup	red wine vinegar
1/2 cup	honey
3 1/2 cups	canned tomato, chopped
2/3 cups	golden raisins
2/3 cups	pine nuts
1 cup	olive oil
	salt
	basil

Prep:

Dice onion and red bell pepper, 1/4 inch cubes

Peel and dice eggplant 1/2 inch cubes.

Chop Garlic

Lightly toast pine nuts 325°F in the oven

Caponata Method:

In a large skillet with high sides. Heat oil over medium high heat. Add the onions, peppers and garlic, cook until slightly translucent. Add the eggplant and a pinch of salt cook until tender. Add vinegar, honey, tomato, bring to a simmer and cook until slightly thick. Remove from the heat. Add pine nuts and raisins. Taste for seasoning. Taste again when it cools completely, may need more salt. Eggplant is a salt sponge.

Can be made up to 5 days ahead of time and kept in the fridge.

To Serve:

Allow to temper a bit, top with some chopped fresh basil and olive oil.