

Caponata Siciliana

Source: www.woolfit.com/siciliana.htm

Serves 2



- Aubergines, small cubed – 1kg
- Olive oil – 100ml (7 TBSP)
- Onions, roughly chopped – 2
- Celery hearts (the most tender centre parts incl leaves) coarsely chopped and blanched -2
- Tomato pulp (e.g. Italian bottled passata) - 400g
- Pine nuts -30g
- Salted capers, rinsed well -25g
- Pitted olives - 200g
- Basil leaves - handful
 - Keep some for garnish
- Caster sugar – 1 TSP
- White wine vinegar - 50ml

1. Fry aubergines till brown, set aside.

2. Add more oil and fry the onions till softened.

3. Add blanched celery, tomatoes, pine nuts, capers, olives and fry till the celery is tender

4. Season with salt and pepper

5. Now add the aubergines, some of the basil and cook further for 8-10 minutes.

6. Add sugar and vinegar and cook for another 5 minutes.

Serve with some basil on top