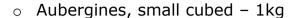
VM08

Caponata Siciliana

Source: www.woolfit.com/siciliana.htm Serves 2



- 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
- o Pine nuts -30g
- Salted capers, rinsed well -25g
- o 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