

# Caponata Palermitana



## Ingredients

- 3 large aubergines
- Salt and pepper
- 4 stalks of celery
- 6 tbsp olive oil
- 1 large onion, chopped
- 1 can (400 g) tomatoes, drained and crushed
- 1 tablespoon tomato paste
- 2-3 tablespoons wine vinegar
- 2 tablespoons sugar
- 2 tablespoons capers
- 12 green olives, pitted

## To Decorate

- 1 tablespoon pine nuts or flaked almonds
- 2 hard-boiled eggs cut into quarters

## Method

1. Cut the aubergines into 1cm cubes, put them in a colander, sprinkle with salt, cover and leave for 1 hour.
2. Rinse and dry with paper towels.
3. Cook the celery in boiling salted water for 6 to 8 minutes.
4. Drain and cut into 1 cm cubes.

5. Heat 4 tablespoons of oil in a large frying pan and fry the aubergines for about 10 minutes; they should be tender. Season with salt and pepper.
6. Heat the remaining oil in a saucepan and gently fry the onion for 5 minutes, then the celery for 5 minutes, turning often.
7. Add the tomatoes, tomato paste and a little salt and pepper.
8. Simmer gently until the celery and onion are soft, about 5 minutes.
9. Add 2 tablespoons of vinegar, the sugar, capers, olives and aubergines.
10. Simmer for a few minutes, stirring.
11. Adjust the seasoning and add a little vinegar if necessary.
12. Leave to cool and glaze if necessary.
13. Decorate with pine nuts and eggs.

## Notes

- bulleted

---

Revision #1

Created 2021-07-08 11:12:16 UTC by Timothy

Updated 2021-07-08 11:17:54 UTC by Timothy