

# Caponata Recipe

Suzy Karadsheh - <https://www.themediterraneandish.com/caponata-recipe/>

PREP TIME 20 min ~ COOK TIME 45 min

## EQUIPMENT

- Sheet Pan
- Braising pan or large skillet

## INGREDIENTS

- 1 large eggplant 1 ¼ lb or so, cut into 1-inch cubes
- Kosher salt
- [Extra virgin olive oil](#) I used [Private Reserve](#) EVOO
- 1 yellow onion chopped
- 1 red bell pepper cored and chopped
- 2 small celery stalks thinly sliced
- Black pepper
- 1 cup crushed tomatoes
- 2 tbsp capers
- ¼ cup pitted green olives roughly chopped
- ¼ cup raisins
- 2 teaspoons [honey](#) more to your liking
- 1 bay leaf
- ¼ tsp to ½ teaspoon crushed red pepper flakes
- ¼ cup red wine vinegar
- ¼ cup dry white wine
- 2 tbsp chopped fresh parsley
- 2 tbsp chopped fresh mint

## INSTRUCTIONS

1. Heat the oven to 400 degrees F.
2. Season the eggplant cubes with salt (if you have the time, set it aside in a colander to sweat out its bitterness for about 20 or 30 minutes, while you prepare the remaining ingredients. Pat dry with paper towel).
3. Place the seasoned eggplant cubes on a sheet pan, add a generous drizzle of extra virgin olive oil (about 3 tablespoons or so) and toss to coat. Roast the eggplant in the heated oven for 25 to 30 minutes or until browned.
4. Heat 2 tablespoons of extra virgin olive oil in a large skillet. Add the onions, bell pepper, and celery. Season with a pinch of kosher salt and black pepper. Cook for about 5 to 7 minutes, tossing regularly until softened.
5. Add the tomatoes, capers, olives, raisins, honey, bay leaf and crushed pepper flakes. Pour in the vinegar and white wine. Stir to combine. Simmer on medium-low heat for 10 minutes.
6. Stir in the roasted eggplant and cook for another 2 to 3 minutes in the sauce. Finish with fresh parsley and mint.

## NOTES

- **Cook's Tip:** Salting the eggplant and allowing it to sit for a few minutes helps it "sweat out" any bitterness and improves its spongy texture. If you have the time, leave the salted eggplant in a colander for 20 minutes or so while you prepare the rest of the ingredients.
- **For best flavor:** Let the caponata sit at room temperature for 1 hour before serving, or store in the fridge overnight and serve cold or at room temperature. I like to serve it with toasted Italian bread such as ciabatta .
- **If serving with toasted ciabatta:** Slice the bread and brush each slice with a bit of extra virgin olive oil on both sides. Arrange on a sheet pan and toast in your heated oven for about 10 minutes until golden brown (I do this while the eggplant is roasting).