

CAPONATA CLASS
IAHF – September 7, 2023

- 2 Medium eggplants, unpeeled and cubed 1"
- ½ Cup olive oil
- 2 Red onions
- 1 Cup green olives, sliced
- 1 Cup black olives, sliced
- ½ Cup capers – soak in water and drain 4 times
- ½ Cup celery
- 2 Cloves garlic
- 2 ½ Pounds tomatoes (Can use fresh or canned) seeded, peeled and cubed or large can of tomato sauce or puree
- ¼ Cup red wine vinegar
- ¼ Cup Balsamic vinegar
- ¼ Cup red wine
- 1 Tbsp. salt
- 1/2 Teaspoon pepper
- 4 Tbsp. fresh basil
- 2 tsp. to 1 Tbsp. sugar (this depends on how sweet you want to make it)
- 3 Tbsp. tomato paste
- ½ Cup Parsley
- ½ Cup pine nuts or sliced almonds – browned in olive oil

Heat oil and brown eggplant and onions (eggplant should be cooked through). Add all other ingredients (except for pine nuts or almonds) and cover. Simmer 45 minutes. Remove lid and cook until water is absorbed, about 10 minutes. Continue to cook until eggplant is soft. If using sauce or puree, there will not be as much moisture or water as in the tomatoes, so uncover and judge for yourself the last 10 minutes. It will thicken as it cools. For best results, refrigerate for two days. Mix in the pine nuts or almonds just before serving.

Makes about 3 quarts.

Enjoy!