



today's main ingredient

A  LOCAL FOOD PODCAST



Sicilian Eggplant Salad (Caponata)

This sweet and sour dish is deliciously addictive. Serve it hot, cold, or at room temperature. Serve as an appetizer with bread or crostini. Toss it with pasta. Enjoy it in a sandwich or as a topping for burgers. Spoon over grilled chicken.

INGREDIENTS

1 medium eggplant
salt
1 cup large green olives, whole
1 to 2 Tablespoons pickled capers (or if using salt-preserved capers, soak them in water overnight then drain)
2 ribs celery, parboiled and cut into chunks
1 sweet onion cut into chunks
1 red & 1 green bell pepper, cut into chunks
1/4 cup extra-virgin olive oil
2 Tablespoons red wine vinegar
2 teaspoons sugar
1/2 teaspoon cinnamon
pinch of nutmeg
1/2 to 3/4 cup of prepared spaghetti sauce)

STEP 1 – Trim and peel the eggplant and cut into chunks. Layer chunks in a colander placed over a bowl, lightly salting each layer. Let the slices drain for 30 minutes. Rinse off the salt and pat the eggplant dry.

STEP 2 – Toss all of the vegetables with olive oil and put in a large flat pan in a 375°F oven. Bake until the eggplant and the onions start to become translucent. Do not overcook.

STEP 3 – Mix vinegar, sugar, cinnamon & nutmeg. Add to vegetables and stir well to blend. Pour spaghetti sauce over all and continue baking until the mixture bubbles.

STEP 4 – Serve warm, cool to room temperature, or refrigerate.



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TodaysMainIngredient.org

Check out our weekly interviews with local farmers and chefs as our podcast series focuses on one locally grown ingredient in each episode. From kale to radishes to peas to garlic and mushrooms, and more, listen to farmers discuss how they grow that ingredient and hear chefs discuss what to do with it once you get it into the kitchen. This podcast can also be heard on radio at WDNH-FM (93.5) and WYCY-FM (103.5) on Sunday mornings at 7:05 a.m. and 7:20 a.m. respectively.