

Caponata
(Sweet and Sour Eggplant)

INGREDIENTS:

Servings: 2 people

Eggplant	7 oz
Olive oil	3 tbs
Celery stalks	2
Small onion	1
Large ripe tomatoes or canned plum tomatoes	1 3 oz
Salt and freshly ground pepper	to taste
Large green olives	5
Large black olives	5
Sugar	2 tsp
Red-wine vinegar	3 tbs
Capers	1 tsp
Vegetable oil	for frying

Servings: 4 people

Eggplant	14 oz
Olive oil	6 tbs
Celery stalks	4
Onion	1
Large ripe tomatoes or canned plum tomatoes	2 1/2 lb
Salt and freshly ground pepper	to taste
Large green olives	10
Large black olives	10
Sugar	4 tsp
Red-wine vinegar	6 tbs
Capers	2 tsp
Vegetable oil	for frying

Servings: 6 people

Eggplant	1 lb 4 oz
Olive oil	8 tbs
Celery stalks	6
Large onion	1
Large ripe tomatoes or canned plum tomatoes	3 12 oz
Salt and freshly ground pepper	to taste
Large green olives	12
Large black olives	12
Sugar	6 tsp
Red-wine vinegar	8 tbs
Capers	3 tsp
Vegetable oil	for frying

Servings: 8 people

Eggplant	1 3/4 lbs
Olive oil	3/4 cup
Celery stalks	8
Small onions	2
Large ripe tomatoes or canned plum tomatoes	4 1 lb
Salt and freshly ground pepper	to taste

Large green olives	20
Large black olives	20
Sugar	8 tsp
Red-wine vinegar	3/4 cup
Capers	4 tsp
Vegetable oil	for frying

Servings: 10 people

Eggplant	2 1/4 lbs
Olive oil	7/8 cup
Celery stalks	10
Small onions	3
Large ripe tomatoes	5
or canned plum tomatoes	1lb 4 oz
Salt and freshly ground pepper	to taste
Large green olives	30
Large black olives	30
Sugar	3 tbs
Red-wine vinegar	7/8 cup
Capers	5 tsp
Vegetable oil	for frying

Servings: 12 people

Eggplant	2 1/2 lbs
Olive oil	1 cup
Celery stalks	12
Large onions	2
Large ripe tomatoes	6
or canned plum tomatoes	1 1/4 lbs
Salt and freshly ground pepper	to taste
Large green olives	24
Large black olives	24
Sugar	4 tbs
Red-wine vinegar	1 cup
Capers	6 tsp
Vegetable oil	for frying

TOOLS:

Chef's knife
 Colander
 Olive pitter
 Cutting board
 Paper towels
 Skillets
 Slotted spoon
 Wooden spoon
 Saucepan

PREPARATION:

Cube the eggplant into large pieces. Sprinkle them with salt and place them in a colander to drain. Leave them for 30 minutes.

In the meantime, chop the celery and peel and *dice the onion*. Pit and slice the olives. Rinse the eggplant and squeeze to remove any excess liquid; dry them on paper towels.

Heat enough vegetable oil, over medium-high heat, to reach 1/2 in up the sides of a heavy skillet. When the oil is quite hot, pour some of the eggplant into the skillet and fry, stirring, until it is soft and brown. Remove with a slotted spoon onto paper towels. Repeat until all the

eggplant is fried. Fry the celery until tender.

Blanch, peel, seed, and *dice the tomatoes*. In another large skillet, heat in the olive oil over moderate heat. SautÉ the onion for 5 minutes and then add the tomatoes. Season, to taste, with salt and pepper. Simmer over low heat for 15 minutes, stirring frequently.

Heat the sugar and vinegar in a small pan over low heat. Add the capers and olives to the sugar/vinegar mixture and cook for 10 minutes. Stir this mixture into the tomatoes and then mix in the celery and eggplant. Cook for 5 minutes. Turn off the heat. Transfer to a serving dish, sprinkle the top with parsley and serve warm or at room temperature.