



## *The Edible Garden*

Recipe featured at *Cooking for the Season*, August 26

### **Eggplant Caponata**

By: Jeremy Bearman, Executive Chef, Rouge Tomato

#### **Ingredients**

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|--|--|
| 6 tablespoons olive oil                  | 1 cup raisins                          |
| 12 cups eggplant (mixed heirloom), diced | 1 cup housemade ketchup (recipe below) |
| 2 cups sweet market peppers, diced       | ½ cup basil, chopped                   |
| 1 cups celery, diced                     | ½ cup parsley, chopped                 |
| 2 cups onion, diced                      | ¼ cup garlic, minced                   |
| ½ cup capers                             | 1 baguette, sliced into small rounds   |
| ½ cup beldi olives, chopped              | 1 package prosciutto                   |
| ½ cup picholine olives, chopped          |  |

#### **Instructions**

1. In a large sauté pan, heat 3 tablespoons of olive oil on high heat. When the oil just begins to smoke, add the eggplant, season with salt and pepper, and cook until the eggplant is slightly browned and tender without letting it get too soft. Transfer to a plate and cool the eggplant in the refrigerator.
2. Heat another 2 tablespoons of olive oil on high heat. Add the onions, celery, and peppers and sauté until tender but not too soft (should only take about 3 to 5 minutes). Transfer the vegetables to a plate and let cool in the refrigerator.
3. In a small sauté pan, add one tablespoon of olive oil along with the minced garlic and cook on low heat just until the garlic starts to brown. Remove from the heat and combine in a bowl with the raisins, parsley, basil, ketchup, olives, capers, cooked eggplant, peppers, celery and onions. Toss to combine.
4. Serve by spooning the caponata on sliced and toasted baguette crostinis and top with sliced prosciutto.

#### *Ingredients for homemade ketchup*

8 cups chopped tomatoes  
2 cups red wine vinegar  
2 cups brown sugar  
2 teaspoons salt

#### *Instructions for homemade ketchup*

1. In a large sauce pot, combine all ingredients and cook on low heat, stirring every five to ten minutes until tomatoes are cooked out and the mixture is the consistency of ketchup, 1 to 2 hours.
2. Pass the mixture through a fine mesh strainer to remove all of the seeds and skin. Cool before serving.