



The Edible Garden

Recipe featured at the *Harvest Festival Weekend*, October 10

Eggplant Caponata

By: David Greco, owner, Mike's Deli and Arthur Avenue Cafe

Ingredients *(Makes approximately 4 quarts)*

1 Spanish onion
1 red pepper
2 pieces celery
1 tablespoon diced garlic
1 tablespoon capers
8 black olives (pitted)
2 bay leaves
1 firm eggplant
1 quart Mike's Deli tomato sauce
Salt and pepper
Olive oil

Instructions

1. Peel the onion and chop into medium dice. While doing this, heat a large sauté pan and add 2 tablespoons of olive oil in which to sauté onions.
2. Wash and cut the root end off the celery, clean red pepper of seeds and stem, and chop both into medium dice.
3. When onion has lightly browned, add red pepper, celery, garlic, capers, bay leaf, and the olives. Allow to cook at medium-high heat, adding oil as needed. Stir occasionally cooking for 4-5 minutes so flavors mix with one another.
4. Meanwhile, cut stem end off the eggplant. Cut eggplant into ½ inch dice. Add the dice to your sauté pan. The eggplant is extremely porous and will soak in a lot of oil, so add oil as needed. Cook for 6-8 minutes, stirring every minute so the eggplant does not stick to the bottom of the sauté pan.
5. When eggplant begins to soften, add the tomato sauce. Stir well cooking another 8-10 minutes. Add salt and pepper to taste.

Buon Appetito!!