



## *The Edible Garden*

Recipe featured at the *Final Festival Weekend* demonstration,  
October 17

### **Mechuia (Tunisian Grilled Caponata)**

By: Sara Jenkins, chef and owner, Porchetta

#### **Ingredients** (*Serves 8*)

1 red or yellow bell pepper  
1 small jalapeno pepper  
1 ½ to 2 pounds eggplant, cut into ½-inch thick slices  
3 tablespoons extra-virgin olive oil, plus more for brushing  
Medium-coarse sea salt and coarsely ground black pepper  
2 medium zucchini, cut lengthwise in half  
1 small red onion, cut crosswise into ¼-inch slices  
3 plum tomatoes, cut crosswise in half  
3 tablespoons fresh lime juice  
2 garlic cloves, minced  
½ cup coarsely chopped fresh cilantro

#### **Instructions**

1. Heat a cast-iron grill pan over high heat. Grill the bell and jalapeno peppers, turning occasionally until they are charred on all sides. Place them in a bowl, cover tightly with plastic wrap, and let sit while you prepare the remaining vegetables.
2. Lightly brush the eggplant with oil and season with salt and pepper. Grill the slices in the hot pan in batches, turning once, until charred and cooked through, 4 to 5 minutes per side. Place slices in a single layer on a baking sheet or large platter and set aside to cool to room temperature. Repeat this process with the zucchini and onion, grilling until well charred – about 4 minutes per side. Season and grill the tomatoes until lightly charred—about 2 minutes per side.
3. Rub the charred skins off of the peppers with your fingers, slice lengthwise in half, and remove and discard cores and seeds. Finely chop peppers together with zucchini and onion; add to bowl with eggplant.
4. Coarsely chop the eggplant and place it in a large bowl. Chop the tomatoes and combine with the rest of vegetables. Add 3 tablespoons of oil, lime juice, and garlic and

toss to combine. Season with 1 teaspoon salt, add pepper to taste, and stir in cilantro. Serve warm or at room temperature.