



The Edible Garden

Recipe featured at the
Garden-to-Table Weekend featuring Eggplant and other Nightshades
demonstration, August 28

Eggplant Caponata

By: Rebecca Lando and Ben Watson of *Working Class Foodies*

Ingredients

3 pounds of fairytale eggplants	1/2 cup aged sherry or white wine vinegar
2 medium yellow onions	2 loosely packed cups of Italian parsley
8 cloves garlic	2 loosely packed cups of basil
5 stalks celery	6 tablespoons fresh thyme
1 bottle white wine	1/4 cup unsweetened/bittersweet (at least
5 tablespoons red pepper flakes	70%) chocolate
1/4 cup currants	4-5 baguettes
1/4 cup caper berries	3-4 balls whole milk mozzarella
1/4 cup Cherignola olives	2 balls fresh burrata

Instructions

1. In a large sauté pan, cook the eggplant until it is slightly browned and tender without letting it get too soft. Remove from the pan and set aside.
2. Heat olive oil in the pan on high heat. Add the onions, garlic, and celery and sauté until tender but not too soft (should only take about 3 to 5 minutes). Let cook down with the white wine. Add parsley, basil, and thyme just before finished.
3. Combine with the olives, caper berries, cooked eggplant, peppers, celery and onions in a bowl. Toss to combine. Stir in chocolate and cheeses to melt around the vegetables and herbs.
4. Serve by spooning the caponata on sliced and toasted baguette crostinis.