

25

Recipe number twenty-five

The caponata is a traditional Sicilian recipe and is made a little differently in every household. Usually the aubergines are deep-fried and the tomatoes cooked. Often peppers, courgettes and capers are added as well. I love our lighter version with just a few ingredients.

Caponata Sicilian vegetables

Ingredients for 4 people

500 g aubergines wash, dice them with the skin on, salt them and leave them to «weep» for 1 hour. Pat them dry.

Oven preheat to 220 degrees, line a baking tray with paper, put the aubergine cubes and
4 tbsp olive oil on it, mix by hand and cook for 15–20 minutes.

2 celery sticks (50–100 g) wash, pull off the strings, cut into 5 mm strips.
 Blanch for 3–5 minutes in boiling water. Drain and leave to cool.

¼ onion cut into fine strips, sweat slowly in
2 tbsp olive oil without letting it take colour,
1 tbsp sugar and
1–2 tbsp white wine vinegar add and sweat carefully for another 10 minutes.

2–3 tomatoes (200–300 g) wash and cut into cubes of about 1 cm.
 Salt them and pour off the water they release. Use the tomatoes raw.

6 green olives stone and cut into strips.

Mix all the ingredients carefully in a wide bowl, season with

**Pepper, salt, a little peperoncino and
 plenty of olive oil**

to taste.

1 tbsp pine nuts toast, scatter over the top and serve lukewarm or cold.

Podere Riparbella

Agriturismo ecologico

Agricoltura biologica

58024 Massa Marittima, Italia

T +39 0566 91 55 57

www.riparbella.com



VERONICA'S TIP:

Serve the caponata at room temperature as a starter, or lukewarm as a side dish with a main course that has no sauce (so not with a roast, but with grilled meat, for instance). If you decorate the caponata with seafood and lay a fish fillet beside it, it turns into a feast!