

# Sicilian Caponata

Monday, May 23, 2022 6:54 AM

## Ingredients

1 large eggplant, cut into 1-inch cubes  
1 TBS Kosher salt  
[Extra virgin olive oil](#)  
1 yellow onion chopped  
1 red bell pepper cored and chopped  
2 small celery stalks thinly sliced  
Black pepper  
1 cup crushed tomatoes  
2 TBS capers  
1 large zucchini  
¼ Cup pitted green olives roughly chopped  
¼ Cup raisins  
2 Tsp [honey](#) more to your liking  
1 bay leaf  
¼ Tsp to ½ teaspoon crushed red pepper flakes  
¼ Cup red wine vinegar  
¼ Cup dry white wine  
2 TBS chopped fresh parsley  
2 TBS chopped fresh mint

## INSTRUCTIONS

Heat the oven to 400 degrees F.

Season the eggplant cubes with salt (if you have the time, set it aside in a colander to sweat out its bitterness for about 20 or 30 minutes, while you prepare the remaining ingredients. Pat dry with paper towel).

Place the seasoned eggplant cubes on a sheet pan, add a generous drizzle of extra virgin olive oil (about 3 tablespoons or so) and toss to coat. Roast the eggplant in the heated oven for 25 to 30 minutes or until browned.

Heat 2 tablespoons of extra virgin olive oil in a large skillet. Add the onions, bell pepper, and celery. Season with a pinch of kosher salt and black pepper. Cook for about 5 to 7 minutes, tossing regularly until softened.

Add the tomatoes, capers, olives, raisins, honey, bay leaf and crushed pepper flakes. Pour in the vinegar and white wine. Stir to combine. Simmer on medium-low heat for 10 minutes. Stir in the roasted eggplant and cook for another 2 to 3 minutes in the sauce.

Finish with fresh parsley and mint.

**Note: This dish can be modified with mussels, chorizo and shrimp.**