



JEWISH-STYLE CAPONATA

Introduction

This is the Roman version of the delicacy beloved by Sicilians. It was probably brought to the town by Sephardic Jews fleeing Spain through Sicily. By relocating, they also contributed to the migration of recipes and the adaptation of many regional dishes. The base of caponata is always aubergines, tomatoes, capers and olives, and the whole in each version is exceptionally tasty, regardless of whether served hot or cold.

INGREDIENTS (4 PORTIONS)

- 2 eggplants
- 100 ml (3,38 us fl oz) of olive oil
- 1 kg (2,2 lbs) of tomatoes
- 100 g (3,53 oz) of green olives
- 2 sticks of celery
- 3 tablespoons of white grape vinegar
- 2 onions
- 2 cloves of garlic
- 2 bunches of parsley
- olive oil

Preparation method

• Step 1

Preheat 6 tablespoons of olive oil. Cut the aubergines into thick dices and fry until tender and golden brown. Slice the celery, cut onion into feathers and tomatoes into dices. Chop the parsley.

• Step 2

Preheat 6 tablespoons of olive oil. Cut the eggplants into thick dices and fry until golden brown. Slice the celery, cut onion into feathers and tomatoes into dices. Chop the parsley.

• Step 3

Remove the aubergines from the pan. Fry the celery in a little oil, add the onion and garlic. Once they have gone soft, add the aubergine, olives and half of the parsley. In the end, add the balsamic vinegar and the tomatoes.

• Step 4

Stir thoroughly and stew for 15-20 minutes. In the end, add the rest of the parsley, stir. You

can eat it hot and cold.

Smacznego!