

Aubergine stew 'caponata' (Side dishes)



Preparation

Cut the aubergine into large cubes, place them in a colander with salt and let any liquid drain out. Toast some almonds and pine nuts in a clean pan. Cut the onion into thick slices and caramelize them gently with a spoonful of sugar. Meanwhile blanch some olives and celery cut into rings for a few minutes. Put the tomato sauce on the heat: after about 5 minutes, add the sugar, salt and vinegar, let it reduce a little and then remove from the heat. Dry the aubergine with a tea towel and fry in hot oil. Once all the ingredients are ready, take a pan, add a little oil, the almonds and pine nuts, and the drained olives and celery and turn the heat to low. Stir and cook. Then add the caramelized onions, aubergine and tomato chutney. Let the flavour develop on the heat for a few moments. Let it cool and then serve your caponata!

Tips

Aubergine caponata is at its best with the addition of ingredients full of personality and taste, so that it becomes a good sweet and sour sauce.

Trivia

The dish that we're making today comes from an Italian region distinguished by a cuisine rich in unique flavours: Sicily.

Information

Preparation 30 minutes

Total Time 20 minutes

Serves X Serves 2 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Aubergine (1 aubergine)

Celery (1 celery stalk)

Black olives 30 grams

Capers 20 grams

Capers 10 grams

Tropea red onions (Half a red onion)

Pine nuts 20 grams

Almonds 30 grams

Basil 10 grams

White wine vinegar 50 millilitres

Sugar 50 grams

Extra virgin olive oil 130 millilitres

Salt (/1)

Passata 400 grams