

<http://www.lizspantry.com/caponata-sicilian-eggplant-appetizer/> by Liz Rotondo

## CAPONATA SICILIAN EGGPLANT APPETIZER

This Caponata eggplant appetizer originates from Sicily and is very popular. Serve it with bread or crackers as your holiday guests arrive.



*Caponata Sicilian Eggplant Appetizer*

Easy to make and if you follow my jam recipes for canning you can enjoy Caponata Sicilian Eggplant Appetizer all year long. Just keep the jars in the pantry, once opened refrigerate them.



*Caponata mixture*

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#### Ingredients;

4 cups cubed fresh eggplant, with the skin on  
4 TBLS extra virgin olive oil  
2 med onions, chopped  
3-4 ribs of celery, cubed  
1/4 cup capers, drained  
2/3 cup pitted olives, green Sicilian are preferred  
1 TBLS red wine vinegar  
3-4 leaves sliced fresh basil  
1 cup plum tomatoes, canned and rough chopped with their juice



*These are my favorite brand of tomatoes. They are from Italy and have no additives*

*Liz's Pantry*  
*cooking, baking, tips & tricks*

#### Directions;

Heat the oil in a pan large enough to accommodate all the ingredients. Saute the celery and onion until nearly soft but not brown. Add the eggplant and saute a few minutes more. Add all the other ingredients and simmer on low uncovered for about 45 minutes until the excess juices are nearly gone. Serve at room temperature. It can be stored in the refrigerator for about 4 days. You can also can at this point with the mixture hot and going into hot boiled mason jars. Serve with a crusty Italian or French bread.

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