

La caponata alla catanese



A masterpiece of Sicilian cuisine

This summer dish combines the scent and taste of peppers, aubergines and, last but not least, capers, which are very widespread in Sicilian cuisine.

Ingredients (4 people):

4 medium-sized aubergines

6 medium-sized yellow and red peppers

400g ripe tomatoes

1 onion

1 clove of garlic

1 celery heart

20g capers

100g olives

1 cup of vinegar

olive oil

salt

pepper

parsley

Preparation

Cut the aubergines into small pieces and soak them for half an hour in water and salt. Peel the tomatoes and cut them into small pieces. Roast the garlic, add tomatoes and fry for 10 minutes until a sauce is created. Salt and pepper the sauce.

Heat oil in another pan and heat the onion, add the sliced peppers, season it with salt and pepper. Roast the chopped aubergines in a pan with plenty of olive oil, fry the peppers and mix them with the tomato sauce. At this point, add olives, capers and chopped celery heart and mix well. Finally add the vinegar, season with salt and pepper and sprinkle with chopped parsley.

Serve the caponata cold.



Caponata Catanese