

Caponata

Makes 3 cups

Ingredients

1 ½ pounds eggplant, cut into ½ inch pieces

¾ teaspoon kosher salt

¾ cup V8 juice

¼ cup red wine vinegar, plus extra for seasoning

¼ cup minced fresh parsley

2 tablespoons light brown sugar

3 anchovy fillets, minced

8 ounces tomatoes, cored, seeded and cut into ½ inch pieces (or use canned tomatoes)

¼ cup raisin

2 tablespoons minced black olives

1 tablespoon plus 2 teaspoons extra-virgin olive oil, plus extra 1 teaspoon if needed

1 celery rib, chopped into ½ inch pieces

1 small red pepper, stemmed, seeded and cut into ¼ inch pieces

1 small onion, chopped fine

¼ cup pine nuts, toasted

Instructions

Toss the eggplant and salt together in a bowl. Line surface of a large plate with double layer of coffee filter and lightly spray with vegetable oil spray. Spread eggplant over coffee filter. Microwave eggplant for 8 to 15 minutes, until it is dry and has shrived to 1/3 of its size, but not until it is brown. Remove eggplant and transfer to a paper towel lined plate.

Heat olive oil in a frying pan over medium heat until the oil is shimmering. Add eggplant and cook, stirring occasionally until edges are browned, 4 to 8 minutes, adding up to 1 teaspoon of oil if it appears dry. Add celery, red pepper and onion to frying pan and cook, stirring for about 8 minutes.

Reduce heat to low and add V8, vinegar, parsley, brown sugar, anchovies, tomatoes, raisins and olives. Cook for another 30 minutes on low heat, allowing all ingredients to slowly incorporate flavors.

Sprinkle with pine nuts before serving.