



QG Caponata

Makes approx... 3 pints

6 Roma Tomatoes

½ med. Eggplant

½ cup pine nuts

¼ cup Kalamata Olives

3-4 tbs. Tuscan Herb olive oil

3 tbs. Espresso Balsamic

½ med. Red Onion

2 tbs. Garlic

¼ cup capers

2 tbs. red pepper

½ cup Zinfandel

salt & pepper taste

Slice eggplant ¼ - ½ inch thick. Lie on paper towels, coat with sea salt. Let sit for 30 minutes, rinse and pat dry and dice. Meanwhile, chop tomatoes, onion olives to small bite size pieces. Mince garlic. Roast pine nuts with red pepper in tablespoon Tuscan Herb olive oil until golden. In a large pot heat 2 tbs. Olive oil, add tomatoes, onion and garlic. Simmer until most of the liquid from the tomatoes is evaporated and onions are tender. Add eggplant, pine nuts, olives, remaining oil, balsamic, red wine. Continue to cook for 30 – 45

minutes on low. Should resemble stew in consistency. Remove from heat and add 2 tbs. Agave. Stir, at this point it can be served with crusty bread or refrigerated. Flavors are enhanced when allowed to sit overnight. At this point it can be frozen for up to 3 months. Caponata can be used as an appetizer or a pasta sauce. Adding shellfish or chicken works well. Anchovies are my favorite.