



PACIFIC COAST
FARMERS' MARKET
ASSOCIATION

CALIFORNIA CAPONATA



A version of the Sicilian appetizer/salad made with eggplant and spices. Serve with crispy baguette slices.



01 HR 15 MINS



Serves 6



Featuring

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INGREDIENTS

- 8 cups diced eggplant (about 2 medium)
- Kosher salt and freshly ground black pepper
- 4 tablespoons extra virgin olive oil
- 1 large onion, peeled and diced
- 1 garlic clove, peeled and minced
- 1/2 teaspoon ground cinnamon
- 2 tablespoons chopped pistachios
- 2 tablespoons golden raisins
- 1-1/2 tablespoons chopped fresh thyme, basil, mint or rosemary
- 1-1/2 teaspoons sugar
- 2 tablespoons balsamic vinegar
- 2 cups tomatoes, seeded and diced

METHOD

Cube the eggplant, toss in 2 tablespoons olive oil with salt and pepper and bake at 350°F until golden brown, 20-30 minutes

In a skillet, sauté onion on medium-high heat for 5 minutes in 2 tablespoons olive oil. Add garlic and cinnamon and sauté for 2 more minutes. Add tomatoes and sauté until the tomatoes begin to soften, 6-10 minutes.

Add the pistachio nuts, raisins and thyme, and sauté for 5 more minutes. Add the eggplant, sugar and vinegar and bring to a low boil. Reduce heat to medium, season with salt and pepper to taste, and simmer until all the flavors blend, about 15 minutes.

Caponata is best served the next day, after all the flavors have had the chance to marry.