



Sicilian Eggplant Caponata

A Side-Dish Composed of Eggplant, Olives, Sun-Dried Tomatoes, Raisins and Balsamic Vinegar

Last Update: 3/19/2002

Portion Size: 1 oz

<u>Ingredients:</u>	<u>Yields: 1.5 Pound</u>	<u>3 Pound</u>	<u>6 Pound</u>
	<u>Portions: 24 1 oz</u>	<u>48 1 oz</u>	<u>96 1 oz</u>
Golden Raisins	1 Tablespoon + 1 1/4 Teaspoon	2 Tablespoon + 2 1/2 Teaspoon	1/4 Cup + 2 Tablespoon
Dried Currants	1 Tablespoon + 1 1/4 Teaspoon	2 Tablespoon + 2 1/2 Teaspoon	1/4 Cup + 2 Tablespoon
Sun-Dried Tomatoes, Dry <i>DICED 1/4"</i>	1 Tablespoon + 1 1/4 Teaspoon	2 Tablespoon + 2 1/2 Teaspoon	1/4 Cup + 2 Tablespoon
WATER, HOT TO SOAK FRUIT	1/4 Cup + 2 Tablespoon	1/2 Cup + 3 Tablespoon	1 1/4 Cup + 3 Tablespoon
Eggplant, Fresh <i>PEELED, DICED 1/8"</i>	10 1/2 Ounce	1 Pound + 5 1/2 Ounce	2 Pound + 11 Ounce
Yellow Onions, Fresh <i>DICED 1/8"</i>	4 1/4 Ounce	8 1/2 Ounce	1 Pound + 1 Ounce
Celery, Fresh <i>DICED 1/8"</i>	2 1/2 Ounce	5 Ounce	10 Ounce
Olive Oil	2 1/8 Teaspoon	1 Tablespoon + 1 1/4 Teaspoon	2 Tablespoon + 2 1/2 Teaspoon
Cocoa Powder, Unsweetened	3/4 Teaspoon	1 5/8 Teaspoon	1 Tablespoon + 1/4 Teaspoon
Plum Tomatoes, Fresh <i>DICED 1/4"</i>	5 3/4 Ounce	11 1/2 Ounce	1 Pound + 6 1/2 Ounce
Tomato Paste, Canned	1 7/8 Teaspoon	1 Tablespoon + 3/4 Teaspoon	1 1/2 Ounce
Capers <i>DRAINED</i>	2 1/8 Teaspoon	1 Tablespoon + 1 1/4 Teaspoon	2 Tablespoon + 2 1/2 Teaspoon
Medium Pitted Green Olives <i>DRAINED, DICED 1/4"</i>	1 Tablespoon + 1/4 Teaspoon	1 Ounce	2 1/4 Ounce
Medium Pitted Black Olives <i>DRAINED, DICED 1/4"</i>	2 5/8 Teaspoon	1 Ounce	2 1/4 Ounce
Balsamic Vinegar	2 Tablespoon + 2 1/2 Teaspoon	1/4 Cup + 2 Tablespoon	1/2 Cup + 3 Tablespoon

Procedure:

1. Soak raisins, currants and sun-dried tomatoes in enough hot water to cover (not listed) for 5 minutes. Drain well.
2. Saute eggplant, onion and celery in olive oil until tender and caramelized.
3. Stir in raisins, currants, sun-dried tomatoes, cocoa powder, plum tomatoes, tomato paste, capers, green and black olives and vinegar. Bring to a simmer. Remove from heat. CCP-- Cool quickly (per HACCP) to internal temperature of 40 degrees F. or below for service.

NOTE: Caponata may be served immediately, but benefits from a few hours of marinating.

Portion: Serve 1 oz.

Shelf Life: Use within 24 to 48 hours.

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