

# Sicilian Caponata Recipe



## INGREDIENTS

- 2 Medium Italian eggplant (about 2lbs. total)
- 6 Ribs of celery (from the center if possible)
- 1 Small yellow onion
- 2 Tbs. capers
- 10 or so green olives
- Half a 28oz. can of peeled Italian tomatoes or 6-8 fresh tomatoes crushed by hand
- Extra virgin olive oil
- Salt and pepper
- 2 Tbs. Red wine vinegar
- Sugar if needed.
- Fresh Basil
- Fresh parsley

## DIRECTIONS

1. Rinse olives and capers.
2. Cube eggplant drain in colander with salt for 30 min.
3. Sauté onion and celery in EVOO until translucent.
4. Add eggplant sauté until tender add in red wine vinegar tomato, olives, parsley, basil and capers. Let simmer for 5-10 minutes or until all vegetables are soft. Salt & Pepper to taste.
5. Add a little more red wine vinegar and or sugar if not enough sweet and sour profile \*

Possible additions added to taste or sight:

Bell peppers, Potatoes, Zucchini or yellow squash, Shaved dark bakers chocolate, Pine nuts, Slivered almonds, Firm chopped pear, Garlic, Fresh fennel or seeds, Carrot, White wine, Anchovy or Sardines.

# Cannoli Cream

## INGREDIENTS

- 1 lb. Whole milk ricotta
- 1/2 cup Powdered sugar
- Zest of one medium orange
- 1/2 tsp vanilla extract
- 1/2 cup mini chocolate chips

## DIRECTIONS

1. Add all ingredients except chips into a mixer or food processor. Blend until creamy.
2. Fold in chocolate chips. If buying American ricotta from grocery store strain for 24 hours in cheese cloth to remove most of the moisture.

\*If you have a local Italian deli ask if they have Fierro brand or Grande Impastata.

Recipe provided by Stephanie Greco from [Ötzi Mediterranean Market and Eatery](#)

