



ITALY

APPETIZER

[PRINTABLE RECIPE PDF](#)

Italian Caponata Siciliana

Caponata is a traditional Sicilian eggplant dish that reflects the region's rich agricultural heritage, influenced by Arab and Spanish culinary traditions. This

PREP

15 min

COOK

30 min

SERVINGS

2

DIFFICULTY

Easy

SHOPPING LIST

Ingredients

- 1 large eggplant - cut into 1-inch cubes
- 2 tablespoons olive oil - for frying
- 1 medium onion - finely chopped
- 2 cloves garlic - minced
- 2 medium celery stalks - diced
- 1 can chopped tomatoes - about 400 g
- 2 tablespoons red wine vinegar - adjust to taste
- 1 tablespoon sugar - for sweetness
- 10 green olives pitted and chopped - preferably Castelvetrano
- 1 tablespoon capers - rinsed and drained
- 1 teaspoon dried oregano - or fresh if available
- 1 handful fresh basil - torn for garnish
- salt to taste sea salt

WHY THIS WORKS

About this recipe

A printable Italian Caponata Siciliana recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Caponata is a traditional Sicilian eggplant dish that reflects the region's rich agricultural heritage, influenced by Arab and Spanish culinary traditions. This sweet-and-sour dish symbolizes the island's history of using

SHOPPING LIST

Ingredients continued

- pepper to taste black pepper

ORIGIN & TRADITION

Mediterranean context

Caponata is a traditional Sicilian eggplant dish that reflects the region's rich agricultural heritage, influenced by Arab and Spanish culinary traditions. This sweet-and-sour dish symbolizes the island's history of using seasonal vegetables and balancing flavors, often served as an appetizer or side dish at family gatherings and festive occasions.

METHOD

Step-by-step instructions

1

Heat the olive oil in a large skillet over medium heat. Add the eggplant cubes and cook until browned and softened, about 8-10 minutes. Remove from the skillet and set aside.

2

In the same skillet, add the chopped onion and sauté until translucent, about 5 minutes. Add the minced garlic and diced celery, and cook for an additional 3 minutes.

3

Stir in the chopped tomatoes, red wine vinegar, and sugar. Return the eggplant to the skillet and bring to a simmer. Cook for about 10 minutes until everything is well combined and the flavors meld together.

4

Add the chopped olives, capers, and dried oregano. Season with salt and pepper to taste. Cook for another 5 minutes, then remove from heat.

5

Allow the caponata to cool slightly before serving. Garnish with torn basil leaves and serve at room temperature.

CHEF'S TIP

Make the caponata a day in advance; the flavors deepen and improve as it sits in the refrigerator overnight.

NUTRITION PER SERVING (EST.)

Calories	180 kcal	Fat	13 g
Protein	2 g	Fiber	5 g
Carbohydrates	14 g	Sodium	300 mg

SERVING SUGGESTION

Serve the caponata with crusty bread, or as a topping on bruschetta. It pairs wonderfully with a glass of Sicilian red wine.

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