



Total Locals Club

Recipes for pairing with Total Locals
Club January 2010 Selections

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Italian Eggplant Caponata

Recipe by Jami Nachtsheim, Locals Wine Club Member

Ingredients

- 1 large eggplant, cut into $\frac{3}{4}$ inch pieces
- 2 Tbsp. Extra Virgin Olive Oil
- 1 onion, chopped
- 5 cloves garlic, sliced thinly
- 1 cup tomato sauce
- 3 Tbsp. capers
- $\frac{1}{4}$ cup black olives, chopped
- 3 Tbsp. Balsamic vinegar
- $\frac{1}{2}$ tsp. Cocoa powder
- 2 Tbsp. Turbinado sugar
- $\frac{1}{4}$ cup fresh basil chopped
- Salt and pepper, to taste
- $\frac{1}{4}$ cup red wine



Place the eggplant cubes in a colander and apply about 2 Tbsp. of salt. Shake the colander to coat the eggplant evenly with the salt. Set the colander in the sink and put a plate inside the colander with a weight (such as heavy canned goods) on the plate to press down on the eggplant to squeeze some of the bitter juices out of the eggplant. Leave to drain approximately 30 minutes.

Heat your oven to 375 degrees.

Wipe off the eggplant to remove as much of the salt and clinging juices as you can. Spread the eggplant on a greased cookie sheet and bake for 35 minutes until the eggplant is brown.

Heat the olive oil in a skillet to medium and add the onions. Sauté for about 4 minutes. Add the garlic, black olives and capers and cook another 2-3 minutes. In a small sauce pan, combine the balsamic vinegar and the sugar. Heat over medium until the sugar dissolves.

Add the balsamic vinegar/sugar and the red wine to the onion mixture and reduce the liquid by half. Add the roasted eggplant, basil and the cocoa powder. Cook a minute or two to combine. Add the tomato sauce and simmer for 10 minutes. The mixture should be thickened to "dip" consistency.

Perfect served with roasted pita triangles and either Super Tuscan blend, Ramazzotti Raffinto or Peterson Il Granaio.