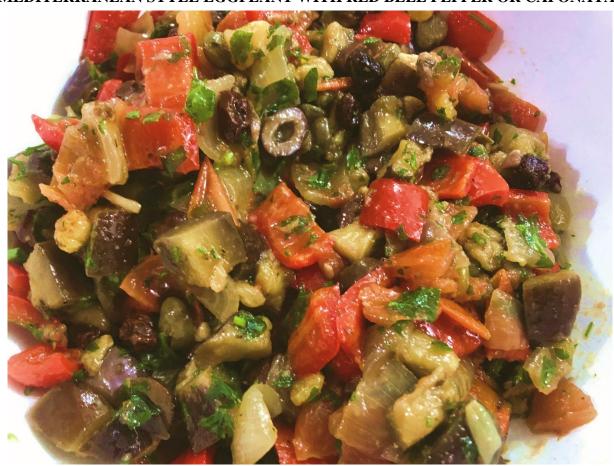
MEDITERRANEAN STYLE EGGPLANT WITH RED BELL PEPPER OR CAPONATA



Ingredients (serves 8 people):

Olive oil to taste

1 onion cut into squares

1 minced garlic clove

500 g diced eggplant

2 seedless red bell pepper cut into squares

3 peeled seeded tomatoes and coarsely cut

Salt to taste

Black pepper to taste

2 tsp dry oregano or fresh oregano

2 tbsp drained capers

50 g halved pitted black olives

50 g halved pitted green olives8 minced anchovy fillets50 g black raisins50 g white raisins

Preparation:

1. Heat the olive oil in a fry pan.



- 2. Add onions and garlic and fry until golden brown.
- 3. Add the red bell pepper and eggplants and cook over medium heat for 15 minutes.
- 4. Add tomatoes and season with salt and pepper and oregano and cook until eggplants and red bell pepper are tender but not mushy.
- 5. Add the capers, olives and anchovies.
- 6. Remove from heat and add the raisins.
- 7. Stir and allow to stand at room temperature before serving.
- 8. Add olive oil to taste.
- 9. Serve with slices Italian bread or toast.

