

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 olives

8 minced anchovy fillets

50 g black raisins

50 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.

