

Caponata dello Chef

Ingredients for four

*3 Sicilian Aubergines
220 gr of pitted white olives
120 Gr of capers from Pantelleria
100 gr of Celery
2 medium white onions
1 medium red onion
2 shallots
1 leek
160 gr of tomato concentrate
140 gr of white sugar
1 Glass of White Wine Vinegar
5 grams of bitter cocoa
5 spoons of olive oil
1 Tuft of Basil
1 teaspoon of freshly ground white pepper
3 tablespoons of sea salt
4 Fresh bay leaves
20 coarsely shredded Bronte pistachios
6 Coarsely chopped almonds*

Cut the aubergines into chunks and place them in a large colander, sprinkle with the sea salt, allow them to drain for a period of no less than 120 minutes, fry them in plenty of olive oil and place them on a double layer of absorbent paper, cut the celery and boil it until cooked, cut the Onions, Leeks and shallots into very thin slices, brown them in a very light flame, add them to the carefully desalted capers, the diced diced celery and the pitted olives.

Add to the mixture the Tomato Concentrate, the Fresh Laurel Leaves and 220 Ml of Hot Water, cook at Medium Flames for 25 minutes, when cooked add the fried aubergines, the Pistachios and the ground almonds, the White Pepper and the tuft of Basil.

Maximize the Flame as much as possible, pour the glass of vinegar in which you have poured the white sugar, blend with high flame for not less than 3 minutes, sprinkle the bitter cocoa and let cool at room temperature and then place for at least 2 hours in Fridge. Serve cold.