

Verdura Resort, A Rocco Forte Hotel, Sicily: Classic Caponata

Sitting on the Southwestern coast of Sicily, about an hour from Agrigento's famed Valley of the Temples, 500 acres of previously abandoned beachfront have been reimagined as a plush Mediterranean hideaway: Verdura. Its unique take on the classic *caponata* recipe is simple and quick to make. The reduction in salt and the addition of balsamic vinegar makes it even healthier than the original – though no less flavorful—a perfect for a light summer's lunch or dinner.

INGREDIENTS (serves two)

- 140g Aubergine (Eggplant)
- 8g Pantelleria capers
- 20g green olives
- 50g red onion
- 50g celery
- 60g fresh tomato
- 20 basil leaves
- 2 stalks of thyme
- 2 teaspoons of balsamic vinegar
- 4 tablespoons of oil

PREPARATION

- Peel the aubergines and cut them into cubes. Then, marinate the aubergine cubes in the oil, basil and thyme, and set aside.
- Next, desalinate the Pantelleria capers and the green olives by placing them in a bowl of fresh water and leaving to soak. Replace the water if needed, or especially salty.
- Stir-fry the aubergines until they're cooked through and turn a rich golden color.
- Chop the red onion and the celery, and place in a steamer until soft. Whilst they are steaming, mince the basil leaves.
- Gather all the ingredients and sauté together in a pan, adding a drizzle of balsamic vinegar and minced basil leaves to taste.



Photos courtesy Verdura Resort, A Rocco Forte Hotel