

## WILD IN THE KITCHEN

# Going back to the CIA

**By Jerry Marlowe**

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So what can I come up with to excite you in some culinary endeavor? Well, by golly, in no time at all I decided it was time to pay a tribute to a true fellow friend and student I was fortunate to meet at the CIA.

Now hold on a minute. Those initials could stand for the Central Intelligence Agency who deals with a lot of criminals and evil bad people. But hold on a minute. The one I am referring to is the CULINARY INSTITUTE OF AMERICA. It is a very prestigious school of cooking great cuisine. I was fortunate in earlier years to learn about their operation.

I managed to get enrolled for their summer program. So that is where I also met a wonderful classmate named Bonnie Winston. She became a friend for life and I was later able to lure her to Dover to conduct cooking classes at my cooking school I started. We had this great big drug store with lots of room and gift shop which I devoted to gourmet cooking paraphernalia and great



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wines. We decided to start classes in the back when we closed the front end at 7 p.m.

Word got around and the classes were always filled with eager guys and dolls exploring their culinary aspirations. So I would like to share a couple of the recipes that Bonnie shared with the classmates I had lured into my Wild In The Kitchen classes. And away we go with her Caponata delight.

You will need the following:

2 ½ lbs of eggplant,  
peeled and cut into small  
dice

1 tsp salt

½ cup olive oil

8 cloves of fresh  
garlic, finely minced and  
pressed

5 oz onions chopped

8 oz celery sliced

1 lb. of tomatoes,  
fresh is best, seeded and  
chopped

1 tsp anchovy paste

¾ cup tomato paste

2 tsp oregano and basil

2 cups black olives  
pitted and halved

3 tbs capers

pinch of cinnamon

1 tsp pepper

¼ cup cilantro chopped

2 tbs sugar

5 tbs currents plumped  
in a little wine if dry

Now sprinkle the eggplant with salt and allow to stand in a colander for 30 to 60 minutes. Now heat oil until hot. Add garlic, celery, onions, and eggplant and sauté just until vegetables are soft. Add tomatoes, anchovy and tomato pastes, oregano, sugar, basil, capers, cinnamon, pepper, parsley, sugar and currents. Mix well to combine and remove from heat.

Wow I do hope you will enjoy this Caponata creation.

(Contact Jerry if you'd like to discuss a recipe or share one of your own. Drop him a note at: 131 Oakmont Drive in Dover, OH 44622.)