

WILD IN THE KITCHEN

Sharing Bonnie's eggplant recipe

By Jerry Marlowe

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Dear kind readers and consumers of challenging, but tasty nourishment. Hopefully my recipe today will meet with your taste buds approval.

I must confess that I came by this recipe a number of year ago. The occasion was an early encounter with my all time greatest culinary friend, Bonnie Winston. I have shared some previous recipes of hers which she introduced to my cooking classes when she came to visit and perform locally.

I have been admiring the eggplants in our nearby markets so you should have no problem locating them fresh and ready to go.

Caponata ala Bonnie Winston

(a tribute to a great chef and long time friend and fellows classmate when we attended the Culinary Institute of Arts together)

Here is what you will need.

2 ½ lbs eggplant, peeled and cut in small dice

1 ½ tsp salt

½ cup olive oil

8 cloves fresh garlic, finely minced or pressed

5 oz onions, chopped

8 oz celery, sliced

1 lb fresh tomatoes, peeled and chopped

¾ tsp anchovy paste

2/3 cup tomato paste

2 tsp each of oregano and basil

1 ½ cup of black olives, pitted and halved

3 tbs capers, rinsed

a big pinch of cinnamon

¼ tsp pepper

¼ cups parsley, chopped

2 tbs sugar

5 tbs currents

Sprinkle salt over the eggplant and allow to stand in colander for 30 minutes. Now heat your oil until hot, add garlic and celery, onions and eggplant. Saute just until vegetables are soft. Now add tomatoes, anchovy and tomato paste, oregano, basil, olives, capers, cinnamon, pepper, parsley, sugar and currents.

Mix well and combine it all. Then remove from heat and serve to your hungry guests.



MARLOWE

(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.)