

Caponata a perfect accompaniment to meat or fish dish

This eggplant gets sweet, sour thanks to tomatoes

By The Culinary Institute of America

Traditional recipes seem to be part of a collective conscience of sorts, and eggplant caponata is no exception. All around Italy (and the world), chefs and grandmothers and uncles are making a variation of this sweet and sour eggplant dish. And while each region and family has its own variation on method and ingredients, the same overall idea prevails.

In the simplest of terms, eggplant caponata is cooked eggplant and other ingredients in a sweet and sour sauce. Those "other ingredients" can be a number of things, but most commonly include peppers, onions, garlic, raisins, and capers. The beauty of caponata is that it can be made in advance and served at room temperature and it's a perfect accompaniment to meat or fish or on top of crostini.

In Italian cooking, the combination of sweet and sour flavors is known as agrodolce. It typically refers to a cooked mixture of vinegar and sugar or other sweetener, and can be served over roasted meats, on toasted panini, or as an ingredient in a composed pasta dish. In eggplant caponata, it is the sauce that binds the other ingredients together, giving the dish its characteristic sweet and sour qualities.

In this version, the vegetables are tossed with vinegar and tomatoes, then roasted in a single layer until they are soft and caramelized. Because eggplant holds so much moisture, it is often salted and drained before cooking. Excess moisture in an ingredient can keep it from browning, but will also make the overall dish soggy and less flavorful. Salting the eggplant will help ensure the caramelization that puts the "dolce" in agrodolce.

Eggplant caponata

Makes 10 servings (about 6 cups)
Start to finish: 1 hour 45 minutes

(Active time: 15 minutes)

1 eggplant (about 1 pound), peeled and cut into small dice
2 tablespoons salt
1 red bell pepper, seeded and cut into small dice
3/4 cup minced onion
1 teaspoon minced garlic
1/4 cup olive oil
2 cups canned diced tomatoes
2 tablespoons tomato paste
2 tablespoons basil chiffonade
1 teaspoon minced marjoram
1 tablespoon balsamic vinegar
1/3 cup finely grated Parmesan

Preheat the oven to 250 F. Place the eggplant in a large bowl and sprinkle with the salt, tossing evenly to distribute. Place the salted eggplant in a colander and allow to drain for 20 minutes.

Quickly rinse the eggplant under cool water, then place on paper towels to absorb excess moisture.

In a large bowl, combine the eggplant with the bell pepper, onion, garlic, and oil and toss to combine. Add the tomatoes and tomato paste and toss to thoroughly combine.

Spread the vegetable mixture evenly on a baking sheet and roast for about 45 minutes, or until the vegetables are tender and lightly browned.

Remove the pan from the oven and add the basil, marjoram, and vinegar. Gently fold the ingredients together.

Transfer the caponata to a glass or stainless steel container with a lid. Let cool to room temperature, then stir in the cheese. Refrigerate the caponata in a covered glass or stainless steel container for up to a week. The flavor will improve if the caponata is allowed to rest for at least 24 hours before use.

Also:

NEW YORK: Phish announced its 13-show run in New York with a video in January that showed giant doughnuts rolling through the city.

That got **Felicia D'Ambrosio's** phone buzzing, with calls from friends



This May 12, 2017 photo provided by the Culinary Institute of America shows an eggplant caponata in Hyde Park, New York. (AP)

hoping that might mean a role for the Phish superfan and co-owner of a Philadelphia doughnut and fried chicken shop that had made doughnuts dedicated to the band in the past.

"Well, no, I don't want to work on Phish tour," thought D'Ambrosio, who has been to more than 100 shows.

Then came the request. From the band.

Time to make the doughnuts.

Doughnuts are everywhere in Phish's "Baker's Dozen" residency at Madison Square Garden, which kicked off last week and lasts until Aug 6,

from the tickets to a huge mural to the thousands of Federal Donuts being given out to fans each night. The band is even working each night's custom flavor into its setlists.

The band "never stops surprising me and delighting me and I trust them," D'Ambrosio said. "To us at Federal Donuts, it's this weird collaboration of this thing you love and this thing you love."

Phish doesn't need gimmicks to draw fans to their mostly sold-out shows, but they are known for playful gags on stage. One song features guitarist Trey Anastasio and bass player

Mike Gordon performing while jumping on trampolines, and drummer Jon Fishman's other instruments include a vacuum cleaner.

It was Fishman's standard outfit — a blue dress covered with red doughnut shapes — that first inspired D'Ambrosio to whip up The Fishman — a blue vanilla raspberry doughnut with a pink glaze — ahead of a 2015 show.

Mark Welker, the executive pastry chef at New York's Eleven Madison Park and NoMad, took notice of the Fishman doughnut and another Federal Donuts creation, The Fluffhead, named for a classic Phish song — and when the band came to him for a recommendation on a doughnut maker for the residency, he recommended D'Ambrosio.

"I knew their doughnuts are really, really good. They're fans. This is the only option," Welker said.

The band sent its flavor ideas to Federal Donuts chef **Matt Fein**, who came up with his interpretations to send back to the band.

"Then they were like, 'yea, rock and roll, go for it,'" D'Ambrosio said. "It was nice and simple."

For the Phish strawberry doughnut, Fein said that his muse was a Good Humor Strawberry Shortcake Dessert Bar. He made the shortcake topping out of freeze-dried strawberry and doughnut crumbs.

"It's neat to get their take on what they wanted and then be able to put my name on it," Fein said. "Most of the flavors they chose were pretty traditional. That being said, they said growing up they only really had traditional" doughnuts.

Federal Donuts employees are putting in overnight shifts to get the doughnuts made in Philadelphia and shipped up to New York for each show — but Fein said the fact that the band is working the flavor into the show makes the extra work totally worthwhile. (AP)

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Aug 15

India's Independence Day celebration: A flag hoisting ceremony will be held at Indian Embassy premises in Diplomatic Enclave on Arabian Gulf Street on Tuesday, Aug 15, 2017 at 0800 hours to celebrate the 70th Anniversary of India's Independence Day.

After the unfurling of the tri-colour National Flag, Ambassador's message and cultural programme will follow.

Light refreshments (Chhole Bhature, Gulab Jamun, tea, juice, water, etc) will be served to all.

All Indian nationals in Kuwait are most cordially invited to attend the celebrations. (Please arrive by 0730 hours).

Aug 18

Winter 2017 AMIE Examinations: The winter 2017 examinations of Sections 'A' and 'B' shall be conducted in Kuwait during Dec 2-8, 2017. The dates Dec 2, 3, 4, 5, 6, 7 and 8 will be referred to as Day 1, 2, 3, 4,

5, 6 and 7 respectively.

Applications submitted during the period mentioned hereunder shall only be considered for winter 2017 examinations.

Candidates not applied/applied but not appeared in summer 2017 examinations: Aug 18, 2017 to Sept 22, 2017.

Candidates appeared in summer 2017 examinations: Sept 23, 2017 to Oct 27, 2017.

A candidate shall not be allowed to appear in the following schemes, if exceeding the number of subjects as mentioned against each scheme:

Section 'A' (Non-Diploma) - 4 subjects;

Section 'A' (Diploma) - all subjects;

Section 'B' - 4 subjects
The examination form is available with the 'Membership Pack' and can also be downloaded from www.ieindia.org

Photocopy of the examination form shall be accepted if copied clearly on A4 size paper only. The examination form should be sent duly filled-in directly to the headquarters of the Institution with requisite fee of Rs 3000/- (US\$ 225 for candidate intend

to appear from overseas examination centre) by demand draft within the stipulated date.

TKIPK blood donation camp:

"Thaai Mann Kalai Ilakkiya Peravai-Kuwait" (TKIPK) a socio-cultural Indian Tamil Association functioning in Kuwait has organized a Mega Blood Donation camp on Aug 18, Friday from 01:00 pm to 4 pm, in the Central Blood Bank, Jabriya, Kuwait. This Philanthropic program has been orchestrated to mark the celebration of

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SHARM EL SHEIKH

Soho Square is a fun family friendly complex with a skating rink and bowling alley for kids to enjoy. There is also a children arcade area with lots of kiddie rides and games. There is also a soft play area for toddlers and young children to play in with a ball pit and slides. This

complex has several shops and restaurants.

Head out to the **desert** for a **stargazer night**. There are several things to do there, a camel ride, dinner, entertainment and powerful telescopes to view the stars and planets. This trip is one of the most unique things to do in Sharm El Sheikh with your family.

