

Eggplant Antipasto - Antipasto di Melanzane

The “antipasto” (starter) is the business card of a territory, it helps to understand the local cuisine and its products. It also has the task to stimulate your appetite without filling, so you can enjoy the following courses. This week I’ll like to suggest this easy but delicious eggplant antipasto. The eggplant was introduced into Sicily by the Arabs around 1400, and we still produce 30% of the Italian production. The Sicilian cuisine is rich with recipes with eggplants and in the following weeks I will share them with you.

Cooking tips: Choose fresh sound eggplants, test them by touching the skin, it should be hard and shiny, they most probably will have less seeds.

When cooking the eggplant always remember to eliminate the bitter taste by cutting them and letting rest with sea salt for 30 – 60 minutes.

The Eggplant Antipasto tastes better the next day and can be refrigerated for 4-5 days.

I’m not too fond in preserving food of any kind because I like to eat seasonal, but if you wish it can be done by placing the eggplants in glass containers and sterilize them.

Difficulty: easy

Serves: 6

Cooking time: 1 minutes

Resting time: 1 hour with salt and lemon
1 hour with vinegar and water
1 hour for cooling
4–5 hours with Extra Virgin
Olive Oil (EVOO)

Ingredients:

1 big eggplant or 2 small ones.

Juice of 1 lemon

2 tablespoons sea salt

1 cup white vinegar

1 cup water

½ Nonna Angelina Extra Virgin Olive Oil



Directions:

Peel the eggplants and cut them in ½ inches slices, then cut them again in ½ slices (like french fries).

Place them in a bowl with the lemon juice and the sea salt, stir and let it rest for one hour. Bring to boil the white vinegar and the water, drain the eggplants and add to the water, when it comes to a boil again, let it boil for ONE minute, then shut the flame and let it rest for 40 – 60 minutes. Drain and let the eggplants cool for a while, then place them into small glass containers and fill with EVOO.

Let it rest for 4 – 5 hours. The eggplant antipasto is ready to served, it is simply “mangia mangia” (eat – eat).

A great wine to go with this Antipasto is Sirocco Grillo because its acidity will enhance the taste of the eggplants.

Buon appetito!

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