



Carrboro
FARMERS' MARKET
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**August 6, 2005 Cooking Demo
with Dorette Snover of C'est Si Bon! Cooking School**

There is enough written about this Sicilian dish to keep you entertained for years and as many recipes to try. The traditional dish epitomizes the Sicilian propensity to mix all the culinary influences pushing at its shores. So, we'll make one traditional and then an enticing Carrboro Farmers' Market version. Why should Sicily have all the fun?

We'll potentially use any of the following: butter beans, purple eye hull peas, crowder peas, all kinds of tomatoes and cukes, green and red bell peppers, some hot peppers, poblanos, leeks, string beans, red and green cabbage, corn, eggs, red and white onions, basil, plums, and eggplant!

Traditional Sicilian Caponata

2 large ebony eggplants or equal amounts of neon, Asian and other varieties
1 cup whole, large green olives
3 ribs celery
1/4 cup sultanas and almonds
1/3 cup extra virgin olive oil
2 tablespoons red vinegar
Black pepper and crushed red pepper

For the tomato sauce:

6 cloves garlic
3 tablespoons extra virgin olive oil
4 cups chopped seasonal tomatoes
2 teaspoons sugar
1 bunch fresh basil
1 cup red wine
Black pepper to taste

Remove the pits from the green olives by smashing them between rocks from your Sicilian estate. If that's not possible, just use your wooden cutting board and a chef knife. This is a great way to get the olives going, releasing their oils. A lot of times it is recommended to soak the olives in changes of water to remove the excess saltiness, I don't bother. But do watch the salt in the rest of the recipe.

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Peel the eggplants and slice them lengthwise into 1/2-inch slices. Stack half these slices at a time and cut strips about 1/2-inch thick. Cut these sliced stacks into cubes 1/2-inch thick. Once the eggplant is done - move on to thinly slice the celery. Heat the olive oil over medium heat in a large deep pan, large and deep enough to allow for tossing the vegetables around. Sauté the celery for about 5 minutes. Add the eggplant, keep stirring and tossing about another 5 minutes, but don't let it brown. Reduce the heat to medium low and add the olives and the sultanas. Mix all this well together, gently. Cover and cook on low about 40 minutes. While this is cooking make the tomato sauce.

In another medium saucepan, over medium heat, heat the olive oil and add the garlic cloves. Only cook these for 1-2 minutes, then add the red wine, canned tomatoes and their juice. Don't worry, the whole tomatoes will break up a bit in the cooking process and you can always smash them with a wooden spoon against the side of the pan while you're cooking if you're impatient. Add the remaining seasonings, the basil, sugar, and pepper. Simmer for 30 minutes.

From the kitchen of C'est Si Bon! Cooking School, 2005

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1002 Brace Ln.

Chapel Hill, NC

919.942.6550

www.cestsibon.net

dorette@cestsibon.net

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