



# DREAM

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## EASY EGGPLANT CAPONATA

Serves (6)

### Ingredients:

- ½ cup olive oil, divided
- 2 medium sized Italian eggplant, cut into ½ inch dice
- Salt
  
- 1 cup chopped celery
- 1 cup chopped onion
- 2 cloves of garlic, minced
- 2 cups chopped San Marzano tomatoes
- ¼ cup coarsely chopped Castelvetrano olives (regular green olives is fine too)
- 2 tablespoons capers, drained
- 2 tablespoons tomato paste
- 2 tablespoons aged balsamic vinegar
- 1 teaspoon sugar
- Salt and pepper to taste
- 1 tablespoon chopped fresh oregano
- 1 tablespoon chopped fresh parsley
- Salt and pepper to taste

### Instructions:

1. Heat ¼ cup of olive oil in a large skillet.
2. Sauté eggplant in olive oil until cooked until lightly browned. Season with salt. Remove from the skillet and set aside.
3. Add the remaining oil in the skillet. Add the celery and cook for about 3 minutes, stirring frequently. Add the onions and garlic and cook until the onion is soft, and the garlic is fragrant. Stir in the tomatoes, olives, capers, and tomato paste. Bring to a boil and simmer uncovered. The mixture will thicken.
4. Add the balsamic vinegar, sugar, salt, and pepper. Finish with fresh oregano and parsley.
5. Serve the caponata on crostini or over pasta or polenta. It is a delicious vegan dish.



*Eggplant Caponata  
with Crispy Pork Belly over  
Creamy Polenta*

## CHEF TIPS

- caponata is also good to use as a sandwich spread or simply top burrata cheese with it and eat with crusty baguette.
  - Italian eggplant is the best variety to use for caponata because it is sweeter with a tender flesh and thinner skin.
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# DREAM (OPTIONAL ADD-ON)

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## BALSAMIC AND SOY SAUCE BRAISED PORK BELLY (ADOBO)

Serves (6)

### Ingredients:

- 2 lbs. pork belly, cut into 1-inch cubes
- 5 cloves garlic, peeled and minced
- ½ yellow onion, chopped
- 2 tablespoons sugar
- 1 cup aged balsamic vinegar
- ½ cup soy sauce
- 1 tablespoon canola oil
- Salt and pepper

### Instructions:

1. In a medium Dutch oven or braising pot, combine pork, garlic, onion, sugar, vinegar, and soy sauce. Bring the mixture to a boil, then simmer covered until pork is tender, about 30 minutes. Remove the pork belly from the braising liquid and pat dry.
2. In a large skillet over medium heat add the canola oil. Fry the pork belly on both sides until crispy. Fold in the crispy pork belly with the caponata.



“It is never too late to start anything that makes you happy. Now is the right time to find your place. Be bold!”

Chef Mayet’s Graduation Photo, 2001\*

\*I didn’t attend my graduation, as I was already working, and I didn’t want to ask my new Chef for the day off!

