

Caponata Serving Suggestions

Baked Brie

Baked Brie with Grilled Portobello Mushrooms & Caponata

Serves 12-16

Ingredients:

1 jar **Wildly Delicious Sicilian Eggplant Caponata with Pine Nuts & Sultanas**

1 large wheel of Brie

5 large Portobello mushrooms with stems removed

1 package of phyllo pastry

Olive oil

Salt and pepper

Wash Portobello mushrooms; be sure to remove the stems. Brush mushrooms with olive oil to coat, and season with salt and pepper. Grill the mushrooms on a barbecue or on a heated grill pan. Once the mushrooms are grilled, cube them into ½ inch cubes.

Meanwhile, horizontally slice the wheel of Brie into two halves.

Gently place 7-9 sheets of phyllo onto a floured working surface. With a pastry brush, lightly brush oil in the center of each sheet to help the sheets stick together. Place the bottom half of the wheel of Brie on the center of the phyllo sheets, with the cut side facing up.

Pour the jar of Sicilian Eggplant Caponata with Pine Nuts & Sultanas over the wheel of Brie. Add the cubed grilled Portobello mushrooms over the caponata. Place the top half (cut side down) of the wheel of Brie on top of the caponata mixture. Press down onto the wheel of Brie.

Wrap up the wheel of Brie, bringing the edges of the phyllo pastry together to the center. Use the pastry brush and oil as glue to keep all the sheets in place. The Brie should be fully wrapped in pastry, like a present. On an oiled and floured baking sheet, place wrapped Brie. Follow package instructions for the phyllo pastry (remove from oven when the phyllo is golden brown).

Phyllo Wrapped Baked Brie with Traditional Caponata

Serves 12-16

Ingredients:

1 jar of **Wildly Delicious Traditional Eggplant Caponata with Capers & Merlot**

1 large wheel of Brie

1 package of phyllo pastry

Olive oil

Horizontally slice the wheel of Brie into two halves.

Gently place 7-9 sheets of phyllo onto a floured working area. With a pastry brush, lightly brush oil in the center of each sheet to help the sheets stick together. Place the bottom half of the wheel of Brie on the center of the phyllo sheets, with the cut side facing up.

Pour the jar of Traditional Eggplant Caponata with Capers & Merlot over the wheel of Brie. Place the top half (cut side down) of the wheel of Brie on top of the caponata mixture. Press down onto the wheel of Brie.

Wrap up the wheel of Brie, bringing the edges of the phyllo pastry together to the center. Use the pastry brush and oil as glue to keep all the sheets in place. The Brie should be fully wrapped in pastry, like a present. On an oiled and floured baking sheet, place wrapped Brie. Follow package instructions of the phyllo pastry (remove from oven when the phyllo is golden brown).

Puff Pastry Wrapped Stuffed Chicken

Stuffed Chicken Breasts With Goat's Cheese & Traditional Caponata
Serves 4

Ingredients:

1 jar **Wildly Delicious Traditional Eggplant Caponata with Capers & Merlot**

4 skinless, boneless chicken breasts

½ cup goat's cheese

1 box Puff Pastry, thawed

2 tbsp extra virgin olive oil

Salt and pepper, to taste

Preheat oven to 350 °F.

Heat a skillet at medium-high heat.

Place oil in skillet and add caponata, salt, and pepper. Cook until the mixture is warm. Remove from heat, let cool, and then stir in goat's cheese.

Cut each Chicken breast in half lengthwise. Divide mixture into four equal portions and place in the middle of the chicken breast.

With a rolling pin, roll puff pastry until it reaches a 18 x 18 inch square. Cut dough into four triangles. Wrap 1 triangle around each chicken breast so that the chicken is fully covered.

Place chicken breast on a baking sheet and put in the oven. Cook for 10 minutes or until the dough turns golden brown. Serve with salad.

Stuffed Chicken Breasts With Madras Curry Caponata

Serves 4

Ingredients:

1 jar **Wildly Delicious Madras Curry Eggplant Caponata with Sultanas & Basil**

4 skinless boneless chicken breasts

½ cup plain yogurt

1 can Pillsbury's Large Crescent Rolls dough

2 tbsp. extra virgin olive oil

Salt and pepper, to taste

Preheat oven to 350 °F.

Heat a skillet at medium-high heat.

Place oil in skillet and add caponata, salt, and pepper. Cook until the mixture is warm. Stir in yogurt, remove from heat, and set aside.

Cut each Chicken breast in half lengthwise. Divide mixture into four equal portions and place in the middle of the chicken breast.

With a rolling pin, roll puff pastry until it reaches a 18 x 18 inch square. Cut dough into four triangles. Wrap 1 triangle around each chicken breast so that the chicken is fully covered.

Place chicken breast on a baking sheet and put in the oven. Cook for 10 minutes or until the dough turns golden brown. Serve with a mixed green salad.

Stuffed Chicken Breasts With Sicilian Caponata & Ricotta Cheese Wrapped in Prosciutto

Serves 4

Ingredients:

1 jar **Wildly Delicious Sicilian Eggplant Caponata with Pine Nuts & Sultanas**

4 skinless boneless chicken breasts

½ cup ricotta cheese

½ lb Italian Prosciutto, sliced thin

2 tbsp extra virgin olive oil

Salt and pepper, to taste

Preheat oven to 350 °F.

Heat a skillet at medium-high heat.

Place oil in skillet and add caponata, salt, and pepper. Cook until the mixture is warm. Stir in ricotta cheese, remove from heat, and set aside.

Cut each Chicken breast in half lengthwise. Divide mixture into four equal portions and place in the middle of the chicken breast.

Wrap each chicken breast with prosciutto, fully covering the chicken.

Place chicken breast on a lightly greased baking sheet and put in the oven. Cook for 10 minutes or until the prosciutto turns dark red and starts to bubble. Serve with Garden salad or a light soup.

Grilled Fish with Caponata

Grilled Salmon Steak With Sicilian Caponata

Serves 4

Ingredients:

1 Jar **Wildly Delicious Sicilian Eggplant Caponata with Pine Nuts & Sultanas**

4 Salmon steaks (6 oz each)

4 tbsp lemon juice (separated into four equal portions)

¼ cup Polish pickles, diced

1 Pork fennel sausage, diced (hot or sweet)

½ cup 18% cream

Salt and pepper, to taste

2 tbsp canola oil

2 tbsp extra virgin olive oil

Preheat grill to 450 °F.

Lightly grease the grill with canola oil. Add salt and pepper to the salmon steaks and grill for 2-3 minutes per side, or until grill marks are visible. Add lemon, remove from heat, place in foil and set aside.

Heat a large skillet to medium-high heat. Add the diced sausage and cook until browned on all sides. Drain fat and set sausage aside.

Return pan to burner. Add the oil and caponata. Cook for 5 minutes or until mixture starts to brown. Reduce heat to medium-low and add the sausage and cream. Continue cooking until cream begins to reduce. Remove from heat and stir in the pickles.

Place each salmon steak on a plate and dollop with caponata cream mixture. Serve with crusty bread and a mixed green salad.

Grilled Tuna Steak With Traditional Caponata

Serves 4

Ingredients:

1 Jar **Wildly Delicious Traditional Eggplant Caponata with Capers & Merlot**

¼ cup balsamic vinegar

4 Tuna steaks (6 oz each)

4 tbsp lemon juice (separated into four equal portions)

Salt and pepper, to taste

2 tbsp canola oil

2 tbsp extra virgin olive oil

Preheat grill to 450 °F.

Lightly grease the grill with canola oil. Add salt and pepper to the salmon steaks and grill for 2-3 minutes per side, or until grill marks are visible and tuna is rare. Add lemon, remove from heat, place in foil and set aside.

Heat a large skillet to medium-high heat. Add the oil and caponata. Cook for 5 minutes or until mixture starts to brown. Add the balsamic vinegar. Remove from heat.

Place each salmon steak on a plate and dollop with caponata cream mixture. Serve with crusty bread and an arugula salad.

Caponata Curry

Madras Caponata Curry Chicken With Basmati Rice

Serves 6

Ingredients:

1 Jar **Wildly Delicious Madras Curry Eggplant Caponata with Sultanas & Basil**
6 chicken legs, skin removed
1 28 oz can diced tomatoes
2 cups water
2 tbsp Indian curry powder
1 tsp grated fresh ginger
1 medium cinnamon stick
2 dried hot chili peppers
1 tbsp chopped cilantro
2 tbsp canola oil
2 cups basmati rice
2 cans chicken stock
Salt, to taste

*The above spice blend can be purchase in most grocery stores, specialty food stores or Indian grocery stores.

Heat oil in a large saucepan, to medium high heat. Add the curry powder, chilies, and ginger. Let them cook for about 1 minute, stirring continuously.

Add the chicken legs and cook for 3 minutes, or until the chicken begins to turn white.

Add the diced tomatoes, water, salt, cinnamon stick, and madras curry caponata. Let the mixture come to a boil. Reduce the temperature and simmer until the curry reduces by half. At the end of the cooking process, remove the cinnamon stick and curry leaves and discard.

Meanwhile, wash and drain rice, removing any stones or husks. Place rice in a saucepan and add the chicken stock, along with 2 full cans of water. Cook the rice at high heat and reduce to low heat when the rice comes to a boil. Continue to cook until all the liquid is evaporated and the rice is soft and fluffy.

To serve, Place a bed of rice on a plate and ladle chicken curry over top with a chicken leg for each plate.

Madras Curry Caponata with Chickpeas Served With Naan

Serves 6

Ingredients:

1 jar **Wildly Delicious Madras Curry Eggplant Caponata with Sultanas & Basil**
2 cans (28 oz) chickpeas, washed and drained
1 can (28 oz) diced tomatoes
1 cup water
1 large Spanish onion, diced
1 clove garlic, minced
2 tbsp fresh cilantro, chopped
2 tbsp canola oil
1 ½ tbsp Indian spice mixture

*The above spice blend can be purchase in most grocery stores, specialty food stores or Indian grocery stores and is known as “garam masala” or “Indian masala.” Can be purchased as a dry spice or a wet spice paste.

Heat oil in a large saucepan to medium-high heat. Add the pre-purchased Indian spice blend and cook for 1 minute, stirring constantly. Add the onion and garlic and cook for 2 minutes, or until onions become translucent.

Add the chickpeas and caponata. Stir well. Let chickpeas cook for 5 minutes.

Add the diced tomatoes and water. Simmer the mixture for 30 minutes, or until all the liquids evaporate. Stir regularly. Garnish the mixture with fresh cilantro and serve alongside warm naan.

Follow the recipe below to make the naan at home or simply purchase naan or pita bread from the bakery section of your local grocery store.

4 cups all purpose flour
2 cups water
2 packets fast-acting yeast
1 tsp sugar
¼ cup lukewarm water
¼ cup canola oil
Salt, to taste

In a large bowl, sift flour. Add salt and mix thoroughly. Set aside.

In a separate bowl, combine yeast, sugar, and lukewarm water. Stir well and set aside for 5 minutes.

Add the yeast mixture to the flour and begin combining the ingredients. Slowly add water until the mixture is well incorporated. Remove dough from the bowl and knead for 2-3 minutes. Place dough back in the bowl, cover with saran wrap and let rest in a warm place for 30 minutes, or until the dough has risen.

Remove dough from the bowl and knead vigorously. Take small portions of the dough and roll out into long naans. Brush on a little oil on each and place in a preheated oven (350 °F) until the naans are golden and crispy on the outside and soft on the inside.

Grilled Chicken Wrap with Red Peppers & Madras Curry Caponata

Serves 4

Ingredients:

1 Jar Wildly Delicious Madras Curry Caponata (separate into 4 equal portions)
4 wraps
4 boneless skinless chicken breasts
1 red pepper, sliced lengthwise
2 tbsp extra virgin olive oil
1 clove garlic, minced
2 Roma tomatoes, sliced
4 tbsp mayonnaise, separated into four 1 tbsp portions
Salt and pepper, to taste

Season the chicken breasts with salt and pepper.

Heat a frying pan to medium-high heat. Add the oil and garlic and cook for about 1 minute. Add the chicken breasts to the pan. Cook for 3-4 minutes per side, or until the chicken breasts are completely white, and golden on the surface. Remove from the pan and set aside in foil.

Add the peppers to the pan and quickly cook for about 1 minute per side. Remove from heat.

Slice each chicken breast into strips. Lay the wraps on a flat surface and spread mayonnaise on each. Spread caponata over the mayonnaise. Add the peppers, tomatoes, and chicken down the centre of the wrap. Wrap one end of the wrap upwards and the two sides into one another. Use toothpicks to hold the wrap together.