



DOWNTOWN
DALLAS INC



**CHEF AT THE MARKET
COOKING DEMONSTRATION
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Chef David Uygur, Lucia

408 W. 8th Street, Suite 101; Dallas – Opening in Fall 2010

Two Recipes for Eggplant

Melanzane Sott'Olio

2 pounds eggplant, sliced into ¼" slices
5 cloves garlic, thinly sliced
A few sprigs of fresh thyme
Chili flakes
Salt
½ cup white wine vinegar
Extra virgin olive oil

1. this recipe works best with small eggplant, but still works fine with larger eggplant
2. dust the eggplant slices with salt and let drain on paper towels for a couple hours
3. sauté the eggplant in olive oil until just soft, then let cool before proceeding
4. in a clean glass jar, layer the eggplant with garlic, chili flakes and thyme
5. after each layer, sprinkle a little vinegar on top
6. once you have filled the jar, top completely with extra virgin olive oil
7. serve at room temperature with other antipasti (it will keep refrigerated for about a week)

Caponata

2 pounds eggplant, large dice
3 ribs celery, sliced
1 large onion, sliced
3 cloves garlic, sliced
2 Tablespoons tomato paste
2 teaspoons sugar
¾ cup red wine vinegar
¼ cup raisins
2 Tablespoons capers
¼ cup chopped olives
1 teaspoon fresh thyme
Chopped mint to garnish
Olive oil
Salt

1. salt the eggplant and let drain for 1 hour
2. in a large skillet, fry eggplant in a lot of olive oil until soft, then drain
3. using ¼ cup olive oil, sauté the onion, garlic and celery until just tender, then add tomato paste, sugar, vinegar, raisins, capers, olives and thyme
4. let cool to room temperature, then serve on toasted crusty bread with some chopped mint