

Caponata



Dish Description / Methods:

1. Preheat the oven to 190°C.
2. Dice the aubergine into 3cm pieces.
3. Peel and finely slice the onions. Wash and finely slice the celery. Halve the cherry tomatoes.
4. Pick the leaves from the parsley and roughly chop. Peel and very finely mince the garlic.
5. Dress the aubergine in the oil and place into the preheated oven and cook until dark and caramelised for approx. 30-40 minutes (turning halfway through).
6. Place the onions and celery in a suitable size saucepan and place over a low-medium heat. Add a tbsp water to this (instead of oil) and gently cook until softened.
7. Add the garlic, capers, olives, raisins and dried oregano and continue to cook for a further 5-6 minutes.
8. Add the balsamic vinegar and reduce.
9. Add the cherry tomatoes followed by the chopped tomatoes and water. Bring to a gentle simmer.
10. Reduce this mixture down until it begins to thicken. Add the spinach, flat leaf parsley and the roasted aubergine. Mix through gently.
11. Remove from the heat and serve. Ensure the core temperature has been reached 75°C.

Allergens:

Celery/Celериac, Sulphur Dioxide and Sulphites

This is a sample recipe. In the full version of the recipe pack costs and other calculations are included.

Ingredients

| Supplier | Supplier Code | Commodity | Unit Weight | Unit Measurement | Quantity Used (10 Portions) |
|-------------|---------------|---|-------------|------------------|-----------------------------|
| Bidfood MTD | 75375 | BB - RED ONION | 1000 | Grams | 400 |
| Bidfood MTD | 75625 | YELLOW CHERRY TOMATOES | 250 | Grams | 500 |
| Bidfood MTD | 30271 | Triple Lion GARLIC PUREE | 6000 | Grams | 30 |
| Bidfood MTD | 7627 | CRESPO CAPERS | 4200 | Grams | 100 |
| Bidfood MTD | 70659 | CRESPO PITTED GREEN OLIVES | 4520 | Grams | 100 |
| Bidfood MTD | 75667 | BB - OREGANO | 100 | Grams | 10 |
| Bidfood MTD | - | WATER | 1000 | MI | 200 |
| Bidfood MTD | 3444 | EVDAY FAV EXTENDED LIFE VEGETABLE OIL - TIN | 20000 | Litres | 30 |
| Bidfood MTD | 19897 | EVERYDAY FAVOURITES SULTANAS | 12000 | Grams | 100 |
| Bidfood MTD | 75185 | AUBERGINE BLACK | 5000 | Grams | 1500 |
| Bidfood MTD | 75382 | BB - MINI SPINACH SMALL | 500 | Grams | 250 |
| Bidfood MTD | 42581 | PREMIUM CHOPPED TOMATOES IN TOMATO JUICE | 15000 | Grams | 800 |
| Bidfood MTD | 75687 | BB - PARSLEY FLAT | 100 | Grams | 5 |
| Bidfood MTD | 4439 | EVERYDAY FAVOURITES COOKING SALT | 12000 | - | 2 |
| Bidfood MTD | 75598 | CELERY GREEN/WHITE | 1 | Each | 0.5 |
| Bidfood MTD | 70417 | BALSAMIC VINEGAR OF MODENA 2L | 12000 | MI | 50 |

Nutrition per portion:

| | Kcal | Carbohydrates | Sugar | Total Fat | Saturates | Protein | Fibre | Salt |
|--------------|-------|---------------|-------|-----------|-----------|---------|-------|------|
| Total | 146.2 | 20.2 | 16.6 | 5.3 | 0.6 | 4.9 | 7.5 | 1.0 |
| %RNI | 7% | 8% | 18% | 8% | 3% | 10% | 25% | 16% |

Quality statement: The details in this document are accurate at the time of production on 14 December 2022. Products may change over time and updates can be found on our website at www.supplychain.nhs.uk/categories/food Please do check the latest issue of your supplier's technical information and labelling on products to confirm these details, for example allergens.

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