

Eggplant: Preserve It!

Roasted Eggplant and Pepper Puttanesca Sauce

Yield: about 6 pints

- 6 pounds plum tomatoes
- Vegetable cooking spray
- 2 pounds eggplant, cut into 1-inch cubes
- 3 large onions, unpeeled and quartered
- 3 red bell peppers, halved and seeded
- 2 cups dry red wine
- 1/2 cup balsamic vinegar
- 1-1/2 cups chopped pitted Kalamata olives
- 1 tablespoon anchovy paste or chopped anchovies (optional)
- 2 teaspoons salt
- 2 teaspoons dried oregano
- 1 teaspoon ground black pepper
- 6 garlic cloves, minced
- 1 (3.5-ounce) jar capers, drained

1. Preheat oven to 400°F. Core tomatoes and cut in half lengthwise. Arrange tomato halves on 2 large rimmed baking sheets lined with aluminum foil. Bake at 400°F for 45 minutes or until softened and beginning to char. Remove from oven. Let cool in pan on a wire rack. When tomatoes are cool enough to handle, peel and coarsely chop. Place tomatoes and accumulated juice in a 6-quart stainless steel or enameled Dutch oven.
2. Replace foil on baking sheets; coat foil with cooking spray. Arrange eggplant on 1 baking sheet; onion and bell pepper halves on another. Bake at 400°F for 30 minutes or until edges of eggplant are golden brown and onion and bell pepper are crisp-tender.

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Roasted Eggplant and Pepper Puttanesca Sauce, continued

3. Add eggplant to tomatoes. Remove peel and coarsely chop onion and bell pepper; add to tomato mixture. Stir in wine and remaining ingredients. Bring to a boil; reduce heat, and simmer, uncovered, 15 minutes.
4. Ladle hot sauce into a hot jar, leaving 1/2-inch headspace. Remove air bubbles. Wipe rims of jars with a dampened clean paper towel; adjust two-piece metal canning lids.
5. Process in a boiling water canner with at least 2 inches of water above the jars for 45 minutes at 0-1,000 feet elevation, 50 minutes at 1,001-3,000 feet, 60 minutes at 3,001-6,000 feet, 65 minutes at 6,001-8,000 feet, and 70 minutes at 8,001-10,000 feet.

Source: freshpreserving.com, 2018



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