

Vegetable Scapece (Sweet and Sour Vinegar-Marinated Mixed Vegetables)

by **Roman's**

This goes great with a simple grilled steak, pork chop, chicken, or fish, and is exceptional when tossed with some boiled farro as a room temperature salad with some nice cheese. What is important here is the freshness of the vegetables and using what's in season. Try grilled asparagus or green onions for spring, or sweet butternut or curry squash in the winter. We like younger, thinner and longer zucchini and eggplant because they have less seeds. It's also common to add a few anchovies to melt into the marinade if you're into that kind of thing.

Vegetables:

1 red pepper
1 yellow pepper
2 small eggplants
2 small (or 1 large) red onions
2-3 zucchini and/or yellow squash

Scapece liquid:

1 cup of quality red wine vinegar
½ cup of good extra virgin olive oil
½ cup of honey
1 Tbsp. of salt
1 Tbsp. of capers
4 cloves of garlic, thinly slivered
Pinch of chili
1 bunch of basil
1 bunch of mint

First prepare the vegetable marinade. Sauté the garlic in 4 tablespoons of olive oil until lightly golden, sizzle in capers, and chili. Add red wine vinegar, honey, and salt. Bring up to a boil then cool. Set aside.

Blacken peppers on all sides with a grill or underneath a broiler. Allow to cool a little bit, and remove seeds and skin. Hand tear into rustic strips and neatly lay into one side of a flat casserole dish.

Cut zucchini and eggplant into ¼ inch pieces, and onion into ½ inch pieces. Brush very lightly with olive oil. Cook on a hot grill until you get nice grill marks and the inside is just tender. Season lightly afterwards (otherwise the salt

makes the vegetables mushy and watery).

Layer each vegetable separately in the casserole dish alongside the peppers so each vegetable presents as its own. The juices can mingle. Pour scapece liquid and remaining olive oil over the top. Tear basil and mint over top. Toss gently so as not to disrupt the presentation of the distinct sections of each vegetables. Taste for salt and adjust.

