

Pickled Eggplant
Source is unknown

I've been holding onto this recipe for a number of years, so long that I can't remember who shared the recipe with me. One of my fondest memories is when my mother would go to the pork store on 21st Avenue in Paterson, NJ for sopressata, an Italian cured meat.

My mother would purchase Italian bread, fill it with pickled eggplant that was dressed with olive oil, salt and pepper then fill a chunk of Italian bread with the eggplant and slices of either sweet or hot sopressata. Sometimes, we would eat the eggplant as a salad along with the bread.

Day 1 – peel eggplant and slice like French fries

In a large glass, pottery bowl or colander, layer eggplant and season with kosher salt. Put a dinner plate on top and a weighted tea kettle or 28 ounce can of tomatoes to drain water. Let this stand on the counter overnight.

Day 2 – Squeeze water tightly out of eggplant. Rinse bowl, put eggplant back into bowl. Cover with wine vinegar.

Add spices: fresh garlic cloves, oregano, salt, pepper, crushed red pepper flakes, basil . Put eggplant into jars and refrigerate.

Note: This recipe was given to me with no ingredient amounts. The eggplant I used was rather large, however, after draining, the quantity reduced down to fill a two-quart jar. I used a 12-ounce bottle of white wine vinegar, a large sliced clove of garlic and eyed-balled the hers and spices.

To serve, I remove and squeeze some of the vinegar out of the eggplant, then drizzle olive oil on before eating.