

# Fish with Sweet-and-Sour Caponata

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## Servings: 4

*3 tablespoons + two teaspoons extra-virgin olive oil*  
*1 (one pound) eggplant, cut into 3/4-inch cubes*  
*4 ribs celery, thinly sliced*  
*1 small red onion, diced*  
*Kosher salt*  
*freshly ground pepper*  
*1 can (14.5 ounce) no-salt-added diced tomatoes*  
*3 tablespoons capers, drained and rinsed*  
*1/4 cup + 1 teaspoon red wine vinegar*  
*4 teaspoons honey*  
*4 (6 ounce each) skinless hake or cod fillets*  
*1 cup packed fresh parsley, large leaves torn*  
*1/2 baguette, sliced and toasted*

In a large skillet over medium-high heat, heat one tablespoon of the olive oil. Add the eggplant. Cook, stirring occasionally, until browned and almost tender, 6 to 8 minutes. Remove the eggplant to a large plate.

Add one more tablespoon of olive oil to the skillet. Add the celery and red onion. Season with salt and pepper. Cook until crisp-tender, 6 to 8 minutes. Add the tomatoes, capers, 1/4 cup of vinegar, the honey and 3/4 cup of water. Stir in the eggplant. Season with salt and pepper. Cook until the vegetables are tender and the mixture thickens, 10 to 12 minutes.

Meanwhile, in a large nonstick skillet over medium-high heat, heat one tablespoon of olive oil. Pat the fish dry. Season with salt and pepper. Add to the skillet. Cook, undisturbed, until golden brown on the bottom, 4 to 5 minutes. Flip the fish and cook until it is just opaque and flakes easily, 2 to 3 more minutes.

In a small bowl, toss the parsley, remaining two teaspoons of olive oil and one teaspoon of vinegar. Season with salt and pepper.

Divide the caponata among shallow bowls. Top each serving with a fish fillet. Top with the parsley. Serve with the baguette slices.

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Per Serving (excluding unknown items): 1663 Calories; 164g Fat (87.0% calories from fat); 7g Protein; 48g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 443mg Sodium. Exchanges: 2 Grain(Starch); 2 Vegetable; 32 1/2 Fat; 1/2 Other Carbohydrates.