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From the Kitchen of Chef Michael Feker

IL MITO is located at 6913 W North Ave, Wauwatosa

Chef Feker's and IL MITO's Sicilian Caponata with Grilled Bluefish

Ingredients

- 4 6-oz blue fish fillet, or salmon, prepare and grill to your liking
- 1 stalk of celery (trimmed rinsed peeled sliced thin)
- 1 zucchini washed, ends removed cut in half length wise and diced in 1/8 inch dice
- 1 onion peeled cut in half and then in strips
- 2 cloves of garlic chopped fine
- 2 large Japanese eggplants washed trimmed and cut in 1/8 inch half moons
- 2 medium tomatoes, washed, cored and dice the same size as the zucchini
- 4 oz extra virgin olive oil
- 2 oz of Sicilian green and black kalamata olives pitted & chopped
- 1/2 cup or 4 oz of fresh basil leaves only rinsed and dried and tear by hand into small pieces
- 1/4 cup of Italian parsley leaves left whole
- 1 teaspoon of red chili flakes
- 1 tablespoon of capers
- 1 tablespoon of pine nuts toasted
- 2 tablespoon of white balsamic vinegar
- Sea salt and fresh black pepper to taste
- Shaved Parmesan for garnish

Directions

In a large heavy bottom pan heat 1/3 of the oil until hot but not smoking add half of the eggplant and brown, remove and add another 1/3 of the oil and brown the other half of the eggplant and remove.

In the same pan add the remaining oil heat and add the onion and the garlic and sauté until onion is translucent. Add the chili flakes and the chopped parsley add the celery, tomatoes, the zucchini and cook for 3 minutes stirring occasionally. Add the olives, capers, half of the basil & the entire pre-browned eggplant and cook for 5 minutes covered.

Remove the cover and cook for another 8 minutes. Season with salt and pepper to taste. Turn off and add balsamic and more olive oil if desired and let cool.

Served over the grilled fish

Chef Feker's Note: this is great with any grilled meats no matter white, or red.