

CALABRIAN POTATOES WITH PEPPERS AND EGGPLANT

Pipi e Patate with Eggplant

Serves: 4 **Prep:** 20 minutes **Cook:** 40 minutes **Total:** 1 hour

Ingredients

- 1 1/2 pounds (700 g) potatoes
- 1 large eggplant
- 2 large bell peppers, preferably 1 red and 1 yellow
- 1 medium onion, thinly sliced
- 1 garlic clove
- 5-6 tablespoons extra virgin olive oil
- 1 teaspoon dried oregano
- 1 teaspoon fine sea salt, or to taste
- Freshly ground black pepper, to taste
- Crushed Calabrian chili pepper, optional
- Fresh basil leaves, optional

Instructions

1. Prepare the vegetables. Peel the potatoes and cut them into medium-size wedges or chunks. Cut the eggplant into approximately 1-inch pieces. Remove the stems, seeds, and white membranes from the peppers and cut them into large strips or chunks. Thinly slice the onion. If the eggplant is particularly bitter, sprinkle it with salt and let it drain in a colander for 20-30 minutes, then rinse and pat completely dry.

2. Cook the potatoes. Heat about 3 tablespoons of extra virgin olive oil in a large skillet over medium heat. Add the potatoes and cook for 12-15 minutes, turning occasionally. They should begin to brown and become slightly tender but should not be completely cooked through. Transfer to a plate and set aside.

3. Cook the eggplant. Add another tablespoon of olive oil to the same skillet. Add the eggplant and cook over medium-high heat for 8-10 minutes, stirring occasionally, until golden outside and tender inside. Transfer to the plate with the potatoes.

4. Cook the peppers. Add the remaining olive oil to the skillet. Add the sliced onion and garlic and cook for about 2 minutes, until fragrant. Add the peppers and cook for 8-10 minutes. They should soften while still holding their shape.

5. Combine everything. Return the potatoes and eggplant to the skillet. Season with oregano, salt, black pepper, and crushed Calabrian chili pepper if desired. Toss gently and cook uncovered for another 8-10 minutes, until the potatoes are completely tender and all the vegetables are nicely browned.

6. Let it rest. Remove the skillet from the heat and let the vegetables rest for 5-10 minutes. Add fresh basil, if desired. Serve warm, at room temperature, or cold.

Nonna's Tips

- Cook the vegetables in stages because potatoes, eggplant, and peppers need different cooking times.
- Do not cut the vegetables too small; larger rustic pieces hold their shape better.
- Use good-quality extra virgin olive oil because it is one of the main flavors of the dish.
- Do not overcook the peppers; they should be tender but not mushy.
- Let the finished dish rest for 15-20 minutes when possible so the flavors can meld.