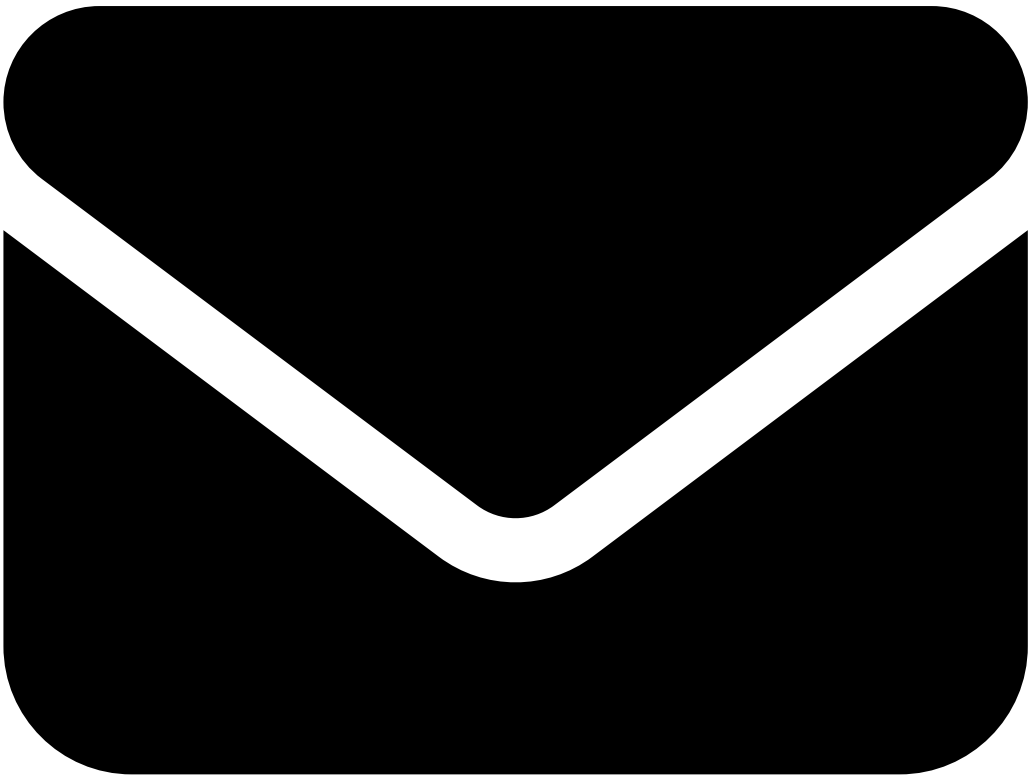
How to Make Italian Pickled Eggplant (Melanzane Sotto’Aceto)”

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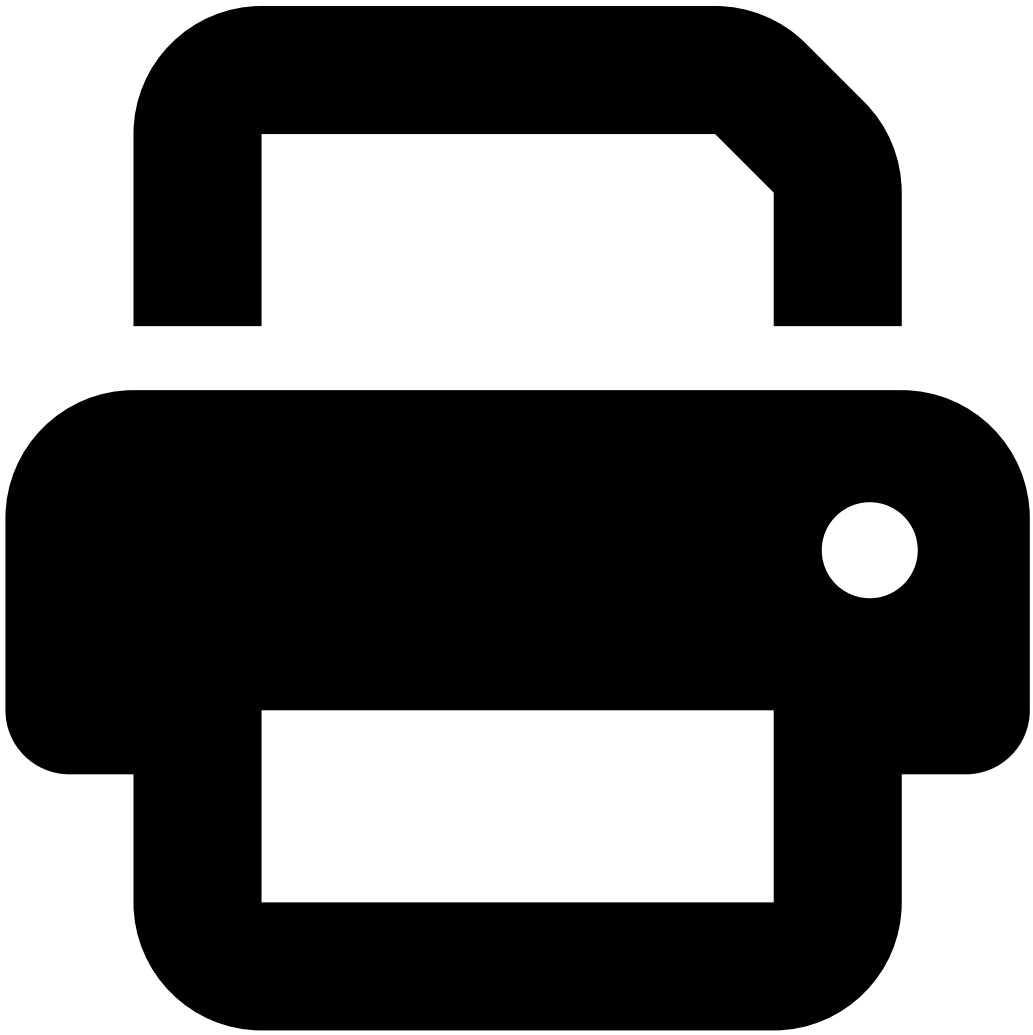
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Every summer growing up in my Italian household, the kitchen became a hub of tradition and preservation. Alongside the steamy ritual of canning tomatoes, we always made room on the table for **melanzane sotto’aceto—Italian pickled eggplant**. The sharp aroma of vinegar mingled with garlic and oregano as jars filled the counters, ready to be tucked away for the months ahead.

These eggplant strips were nothing fancy—just simple, rustic, and packed with flavor. We’d enjoy them throughout the year, layered into sandwiches, served alongside crusty bread, added to an antipasto platter, or, more often than I probably should admit, eaten straight from the jar. For me, this recipe is more than a way to preserve summer eggplant; it’s a taste of the summers I grew up with and the Italian tradition of making the most of what the garden gave us.

Things to Know About Italian Pickled Eggplant (Melanzane Sotto’Aceto)

Choose firm, fresh eggplant: Small to medium eggplants are ideal for this recipe. Look for firm eggplants with smooth, shiny skin and no soft spots. Very large or overripe eggplants can have a spongier texture and larger seeds.

Don’t skip the salting: Salting the eggplant draws out excess moisture and helps improve its texture. Pressing the eggplant after salting also removes even more liquid, giving you a firmer finished result.

Use white wine vinegar: White wine vinegar gives the eggplant the clean, bright acidity traditionally associated with this preparation. Apple cider vinegar can be used in a pinch, but avoid balsamic or dark vinegars, which will change both the color and flavor.

Blanch briefly: The eggplant only needs a short cooking time in the vinegar mixture. Overcooking will make it soft and mushy, while a brief blanch keeps the pieces pleasantly firm.

Use good olive oil: Since the olive oil becomes part of the finished dish, choose a good-quality extra-virgin olive oil. It adds richness and carries the flavors of the garlic and herbs throughout the eggplant.

Keep the seasoning simple: Garlic, oregano, parsley, and red pepper flakes are classic additions. You can also add capers, bay leaves, or thinly sliced peppers if you want to put your own spin on the recipe.

Let it marinate: This is one of those Italian recipes that gets better with a little patience. Allow the eggplant to rest in the refrigerator for several days so the vinegar, olive

oil, garlic, and herbs have time to infuse the vegetables.

Refrigerate for safe storage: This recipe is a refrigerator preparation, not a shelf-stable preserve. Keep the eggplant refrigerated in a clean, sealed container and make sure the vegetables remain covered according to the recipe instructions. For longer-term room-temperature storage, use a tested home-canning recipe and follow its instructions.

More Italian Summer Favorites

If you enjoy preserving and making the most of summer's bounty, explore more of my Italian recipes featuring fresh seasonal ingredients. These are the kinds of recipes that turn simple summer produce into something worth remembering.

- Amaretti Stuffed Summer Peaches – a rustic, oven-baked dessert with almond and peach perfection
- Tomatoes Oreganata – a quick and flavorful side dish that lets peak-season tomatoes shine
- Zucchini Orzo with Summer Tomatoes – light, herby, and perfect for warm evenings
- Fresh Italian Summer Plum Cake – made with homegrown plums, cinnamon, and a touch of sour cream

Italian Pickled Eggplant (Melanzane Sotto'Aceto)"



Italian pickled eggplant, known as melanzane sott’aceto, is a traditional preserved recipe made with thinly sliced eggplant, vinegar, garlic, herbs, and olive oil. A classic Italian antipasto perfect for serving with bread, cured meats, or adding to salads and sandwiches.

- 2 large eggplants
- Kosher or sea salt (for sweating the eggplant)
- 2 cups white wine vinegar (or apple cider vinegar)
- 2 cups water
- 2 garlic cloves (thinly sliced)
- 1 teaspoons dried oregano (or fresh, if preferred)
- Crushed red pepper flakes (optional, to taste)
- Fresh chopped parsley and basil
- Extra virgin olive oil (enough to cover)
- 1 teaspoons dried oregano (or fresh, if preferred)
- Crushed red pepper flakes (optional, to taste)
- Fresh chopped parsley and basil

1. **Peel & Slice the Eggplant:** Peel the eggplants and cut them into thin strips (about ¼ inch thick and 2–3 inches long).
2. **Salt & Press:** Layer the eggplant strips in a colander, sprinkling each layer generously with salt.Place a plate or weight on top and let sit for at least 4–6 hours (or overnight) to draw out bitterness and excess water.
3. **Rinse & Squeeze:** Rinse the salted eggplant under cold water to remove excess salt.Squeeze out as much moisture

as possible by hand or with a clean towel.

4. **Boil in Vinegar Mixture:** In a large pot, bring **2 cups white wine vinegar** and **2 cups water** to a boil.Add the eggplant and blanch for about **2–3 minutes**, just until slightly tender.Drain well and let cool.

5. **Season:** Place the cooled eggplant in a bowl. Add **sliced garlic**, **oregano**, **crushed red pepper flakes** (if using), and **chopped parsley**. Toss to combine.

6. **Jar & Cover in Oil:** Pack the seasoned eggplant into **sterilized jars**, pressing down slightly.Pour **extra virgin olive oil** over the top, making sure the eggplant is fully submerged. Tap jars to release air bubbles.

7. **Seal & Store:** Seal the jars tightly. Store in the refrigerator for up to **2–3 weeks**.For longer storage (pantry-safe), use proper canning methods.

8. **To Serve:** Let the flavors develop for at least **3 days** before eating. Serve as part of an antipasto platter with bread, cheese and cured meats.

Appetizer
Italian
Italian pickled eggplant, Melanzane Sotto’Aceto,