



GRATITUDE

EGGPLANT OMELET (TORTANG TALONG)

Serves 2-4

Ingredients

- 2 Japanese or Chinese eggplant
- Salt and pepper
- 1 tbsp of canola oil
- 4 eggs, beaten
- 1.5 cups of picadillo, cooled (recipe below)

Preparation:

Pre-heat oven to 450 degrees F. Place eggplant directly on the middle oven rack and roast for about 15 minutes. The skin will be lightly crisp and will start to detach from the eggplant meat. Take out the eggplant from the oven and place on a plate. Let the eggplant cool completely. Carefully remove the skin from the eggplant, keeping the eggplant whole. Discard the skin. Flatten the eggplant using a fork, fanning the meat. Season the eggplant with salt and pepper.

Beat two eggs in a bowl. Place the eggplant in the beaten egg and let soak for about 2 minutes. Beat the other two eggs in a separate bowl. Add two cups of picadillo mix in the bowl of beaten eggs.

Heat a non-stick sauté pan over medium heat. Add two tbsp. of canola oil in the pan. Place the eggplant in the sauté pan and top with half of picadillo-egg mixture. Cook the omelet for about three minutes then flip over and cook for another two minutes. Remove the eggplant omelet from the pan and place on a plate. Repeat the process with the remaining eggplant.

I eat this omelet with drizzled with lime juice and fish sauce over hot steamed rice.

For the Picadillo

- ½ pound ground turkey
- 1 tablespoon grape seed or canola oil
- 1 cup finely diced potatoes
- ½ cup finely diced yellow onions
- 2 cloves of garlic, minced
- ½ cup finely diced red bell peppers
- ½ cup finely diced green bell peppers
- Salt and pepper to taste

In a large skillet over medium heat, cook the ground turkey. Once the turkey is completely cooked, remove from heat and drain the excess liquid. Place the skillet back on the stove over medium heat and add the oil. Add the potatoes in the skillet and cook until tender and lightly browned. Add the onions and garlic in the skillet and cook until tender and fragrant. Add the bell peppers and cook for about 4 minutes until tender. Add the ground turkey and sauté for 3 minutes. Season the mixture with salt and pepper.



CHEF TIPS

This recipe is just as delicious without the meat mixture. Follow the same process but omit the picadillo.

Grilling is also a great way to cook the whole eggplant. Place directly on the grill until the flesh is tender. Cool the eggplant completely before peeling the skin.





GRATITUDE

PASTA CARBONARA

Serves 4-6

Ingredients

Salt

2 large eggs and 2 large yolks

½ cup grated pecorino Romano or parmesan, plus additional for serving

Coarsely ground black pepper

1 tablespoon olive oil

4 ounces of pancetta or bacon, cut ¼ inch cube

2 oz maitake mushroom, chopped coarsely

12 ounces spaghetti

Preparation:

Bring a large pot of water to a boil over high heat. Season with about 1 tbsp of salt.

In a mixing bowl, whisk together the eggs, yolks and cheese. Season with a pinch of salt and 2 tsp of freshly cracked black pepper.

Heat oil in a large skillet over medium heat, add the pork, and cook until the fat is rendered. Remove the pork from the pan. Using the same pan over medium heat, lightly sauté mushrooms for 1 minute the edge of crispness but not hard. Remove from heat and set aside.

Add pasta to the water and cook until a slightly firmer than al dente. Reserve 2 cups of pasta water, then drain pasta and add to the skillet over low heat. Stir for a minute. Add 1 cup of reserved pasta water to the skillet and continue to cook the pasta until al dente and most of the water have evaporated, about two minutes. Add the cooked pork and mushroom to the pasta. Stir for a minute. Turn off heat.

Add 1 tbsp of hot pasta water to the egg-cheese mixture. Whisk to combine. Stir in the egg-cheese mixture to the pasta. Add some more of the reserved pasta water if needed for creaminess.

Serve immediately, top with additional grated cheese and black pepper.



CHEF TIPS

Stirring the pasta as soon as you place it in the boiling water will prevent it from sticking together or sticking on the side of the pot. Stir frequently.

Tempering the egg and cheese mixture for the carbonara with a tablespoon of hot pasta water will prevent the eggs from being scrambled when added to the hot pasta.

