

## Basic Tortang Talong

Prep time	Cook time	Total time
5 mins	6 mins	11 mins

This is a Basic Tortang Talong Recipe (Eggplant Omelet)

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Recipe type: Eggplant

Cuisine: Filipino

Serves: 1



### Ingredients

- 1 Chinese eggplant
- 1 egg
- ¼ teaspoon salt
- ⅛ teaspoon ground black pepper
- ¼ cup cooking oil

### Instructions

1. Heat the eggplant directly over fire in a stovetop until the skin of the eggplant turns brown to black, Rotate after a few minutes until all parts of are almost burnt.
2. Let the eggplant cooldown and then peel the skin off using your fingers. The inside part of the eggplant should be steamed just right at this point.
3. Arrange the peeled eggplant in a plate and then flatten using a fork. Set aside.
4. Beat the egg in a bowl and add salt and pepper. Continue beating until the salt and pepper are well blended.
5. Dip the eggplant in the egg mixture.
6. Heat oil in a pan. Once the oil gets hot, start to fry one side of the eggplant until it gets medium brown.
7. Pour the remaining egg mixture on top of the eggplant. Turn it over and fry the other side until it gets light to medium brown.
8. Remove from the pan and arrange in a wide plate. Serve with banana ketchup.
9. Share and enjoy!

### Nutrition Information

Serving size: 1

Recipe by Panlasang Pinoy at <http://panlasangpinoy.com/2017/03/25/basic-tortang-talong-recipe/>