



# Ensaladang Talong

## INGREDIENTS

- 2-3 long eggplants or 1 aubergine
- 2 tomatoes, chopped
- ½ red onion, minced
- 2-3 salted duck eggs, chopped
- Handful of coriander
- 1 tablespoon cane vinegar (or white wine vinegar)
- Salt and pepper to taste

## METHOD

1. Poke holes in the eggplant using a fork or a knife.
2. Grill eggplant with skin, on a BBQ grill, or roast in the oven for 10-15 minutes. Cool slightly before removing the skins.
3. Chop the grilled eggplant.
4. In a large bowl, combine the chopped eggplant, tomatoes, and onion with vinegar, salt and pepper. Mix together to ensure the veggies are covered in the dressing
5. Transfer to a serving bowl/plate and garnish with coriander.
6. Serve with your favourite grilled food – fish, pork or beef

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Presented by Anna Manlulo  
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# Maruya

## INGREDIENTS

- 4 firm but ripe lady finger bananas (or saba variety if available), sliced lengthwise
- 1/2 cup plain flour
- 1/2 cup corn flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 750 ml ice cold water
- 1 egg, slightly beaten
- 1/2 cup caster sugar (or icing sugar if preferred)
- 1-2 cups Canola or sunflower oil for frying

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# Maruya

## METHOD

1. In a mixing bowl, combine the plain flour, corn flour, baking powder and salt.
2. Add the ice-cold water and the egg into the bowl, and mix using a spatula or wooden spoon.
3. Heat 1-2 cups of cooking oil in a pan or deep pot
4. Add the sliced bananas a few pieces at a time, then add to the heated pan.
5. Scoop the maruya out of the pan and place on a plate with kitchen paper to allow to drain the oils.
6. Proceed to cook the rest of the banana slices.
7. Place the caster sugar in a wide plate/bowl. Roll the maruya in sugar then serve on serving plates.
8. If using icing sugar, proceed to place the cooked bananas on a plate and dust them with icing sugar.
9. Serve as is or with Ube ice cream or your fave flavour

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