

Tempura Vegetables and Sauce

Serves: 1

Prep time: 10 Minutes

Cooking time: 8 Minutes

Ingredients:

Oil for frying

Vegetables of choice cut into strips or rounds

e.g. carrots, eggplant, capsicum, beans, sugar snap peas

baby mushrooms, onion rings, cauliflower/broccoli florets

Batter

- ½ cup plain flour
- 1 egg + enough lcy cold soda water (= ⅓ cup)

Dipping sauce

- ¼ cup beef stock
- 1 tablespoon soy sauce
- 1 tablespoon mirin or white wine
- pinch brown sugar
- 1 teaspoon grated ginger

Method:

- **Preheat oil (160°)** deep enough to fry the vegetables in a frying pan or wok
- **Make the dipping sauce** by mixing all the sauce ingredients together, pour into a small serving dish
- Peel and prepare the vegetables as desired. Wipe dry
- **Make the batter** by mixing the egg and soda water together
- Make a well in the centre of the flour, gradually stir in enough egg and soda mixture to make the batter into a custard like consistency.
- Dip the vegetables into the batter, then gently add to **preheated oil (160°)** cook 2-3 minutes, remove from oil, drain on paper towel arrange on a serving plate with the dipping sauce



*A touch of Asia & a delightful way
to serving vegetables*