

TEMPURA VEG

INGREDIENTS

- 1 Thinly Sliced Carrot
- 1 Red Pepper roughly sliced
- 2 Asparagus
- 4 Mushrooms
- 1 Thinly Sliced Sweet Potato
- Sweet Chilli Sauce
- Soya Sauce

TEMPURA BATTER INGREDIENTS

- 1 cups Corn flour
- 2 cups Plain Flour
- 400mls Tonic Water
- Water
- Ice Cubes

Use a fresh Soya oil for Deep Frying.

METHOD

1. In Bowl add the Cornflour Plain Flour, Tonic Water, water and mix till a thick consistency
2. Add a few handfuls of ice and set aside.
3. Start coating all the vegetables in flour, dusting off excess flour
4. Check the batter making sure you have a thick consistency of a batter. You may have to add a bit more plain flour to achieve this.
5. Drop each vegetable into the deep fat fryer at 108 degrees and fry till golden Brown consistency.
6. Place cooked Tempura veg on a Tray with paper towel to soak up excess oil.
7. Arrange cooked veg on a plate
8. Serve with a dipping sauce of Sweet Chilli Sauce and Soya sauce mixed together.

VIDEO

Prefer step by step video? No problem, just click below.

