

Seasonal vegetable tempura, Ponzu sauce |

Recipe for 4 servings

Description

Note

1/ Examples of seasonal vegetables: Jerusalem artichoke, beet, broccoli, potato, sweet potato, carrot, cauliflower, celeriac, leek, parsnip, kohlrabi, salsify, rutabaga...

2/ If you don't have a deep fryer, you can use a pan filled with oil, be careful not to burn yourself. If you prepare the batter in advance, do not cover it with a tight lid. The carbon dioxide release could cause a small explosion.

Ingredients

Sauce

- 50 Ml Soy sauce
- 20 Ml Yuzu juice
- 15 Ml Mirin
- 15 Berries Dijon mustard
- 30 Ml Water

- Salt and pepper

Tempura

- 20 Piece(s) Saison Vegetable
- 15 Ml Cornstarch
- 75 Ml Cornstarch
- 75 Ml Flour
- 250 Ml Water
- 0.50 Tsp Salt

- Salt and pepper

Preparation

- Preparation time **30 mins**
- Preheat your **Deep fryer** at **375 F°**

Preparation

Chop the vegetables. There is no rule to follow, but try to cut them into fairly large pieces while respecting the natural shape of the vegetables, whenever possible. For example, round vegetables into thin wedges, long ones into sticks, cabbage and broccoli into bouquets, leeks into chunks,...

Ponzu

Blend all ingredients until smooth and runny. Adjust to taste.

Tempura

Prepare 3 soup plates, one with cornstarch (15 g), one for the batter and one with brown paper to drain the vegetables after cooking.

Mix the ingredients for the batter (flour, cornstarch, water, salt) in a bowl until smooth.

Dip the vegetable pieces into the cornstarch, shake between your fingers to remove the excess, then dip into the batter. Remove from batter, shake again, and carefully place in oil in deep fryer (you can use tongs). As the vegetables cook, turn them over to colour them evenly. Cooking times vary for different types of vegetables, from 2 to 6 minutes. You can remove a vegetable to ensure it is cooked. If ready, transfer the vegetables to the plate with the brown paper. Serve hot with the dip.

Bon appétit!