

## **Shrimp & Vegetable Tempura**

This light dish is a favorite at home too. The sophisticated results belie the simple prep. This dish is great for an evening meal.

### **INGREDIENTS**

#### **Dipping Sauce**

- 1 c. dashi\*
- ½ c. reduced-sodium soy sauce
- 2 t. fresh ginger root, grated
- ½ t. sesame oil

#### **Tempura Batter:**

- 2 c. all-purpose flour
- 1 ½ T. baking powder
- 2 T. sesame oil
- ½ t. salt
- 2-½ c. club soda, iced

#### **Other:**

- 1 lb. (roughly 16) shrimp, uncooked, peeled, deveined with tail on
- ¼ lb. fresh green beans, trimmed
- 1 large yam or sweet potato, cut into ¼" slices
- ¼ lb. fresh shitake mushrooms
- ¼ lb. fresh broccoli florets
- 6 c. peanut or vegetable oil for frying
- 5 c. white rice, cooked

### **PROCEDURE**

Heat the oil in a large frying pan to 325 degrees F\*\*.

While oil is heating, sift together the dry batter ingredients in a medium bowl. Whisk in iced soda water, oil and ginger. Batter should have pancake-like consistency.

Dip shrimp and vegetables in small batches in batter. Fry in hot oil. Drain cooked tempura on paper towels. Continue cooking battered meat/vegetables in small batches. Serve immediately with hot, cooked white rice and dipping sauce.

### **NOTE FROM KENNY**

It is important not to overload the fryer. Oil temperature is critical in order to have a light, crisp tempura.

ENJOY!



\* Dashi is a Japanese stock. Granules are available in stores. As a substitute, you can use beef broth with a dash of soy sauce, sugar and if you have it, fish sauce.

\*\* If you don't have a thermometer, you can dip a bamboo stick to the bottom of the pan. Watch as the oil heats. When bubbles stream from the base of the skewer, it's hot enough to fry.