



Fish and Vegetable Tempura with Ponzu Sauce

by Matsunoki's Chef Saša Pribičević

For the Ponzu Sauce

Ingredients:

- 100 ml lemon or orange juice
- 100 ml mirin (sweet rice wine)
- 100 ml soy sauce
- 10 g dried bonito flakes
- 10 g sugar

Method:

1. Pour the mirin into the pan and heat it over the stove until the alcohol evaporates
2. Add a tablespoon of sugar
3. Stir until the sugar has dissolved and heat it up to about 80°C
4. Add in the juice
5. When the mixture reaches the above temperature, turn off the stove and sprinkle bonito flakes onto the sauce
6. If you don't have bonito flakes, you can just leave it out
7. Let it cool and then strain

For the Tempura

Ingredients:

- 1 zucchini (about 30 g)
- 1 eggplant (30 g)
- 1 pc white fish filet (30 g)
- 4-5 pcs asparagus
- 100 g flour
- 200 ml ice cold water
- A pinch of salt
- 1 tablespoon oil



Method:

1. To make the batter, combine water, flour, salt and oil in a medium bowl. Make sure the batter is thin but not too runny.
2. Use a pair chopstick to mix the ingredients coarsely, leaving some lumps in. This will make it more crispy after frying.
3. Heat the oil in a wok or a large deep-frying pan to 190°C
4. Dust the vegetable and fish pieces lightly with the extra flour, then dip them into the tempura batter and carefully drop them into the oil piece by piece.
5. Fry and turn each piece occasionally until they turn lightly golden and crispy. Drain the excess oil off on paper towels.

TIP: To make the tempura crispy, use ice-cold water for the batter and make sure the temperature of the oil for frying is not below 190°C.

To serve

1. Put all the fried pieces on a kitchen paper towel paper to let that soak up the extra oil, then serve them in a bamboo basket or on a plate with the Ponzu dipping sauce.
2. You can also serve tempura with soy sauce, different soy-based sauces or flavoured mayonnaises. If you want to serve it as a main course, add a bowl of rice.

See the video and cook with Saša:

youtu.be/pu7hdknv1Fk