

Tempura Vegetables: 1pm 19/05/2020

Ingredients:

For the Tempura batter:

85 grams - Flour Plain/Self raising
2 tablespoons- Cornstarch
2 teaspoon- Baking Powder
1/4 teaspoon- Salt
1/8 teaspoon- Pepper White/Black
1 - Egg
3/4 cup - Ice water
...or Tempura mix from the shop

For the Veggies:

Sweet Potato
Aubergine
Courgette
Peppers
Shiitake Mushrooms
...pretty much any veggie is ok

Cut veggies thinly to fry, about 1/8 inches

For the sauce:

1 cup - Vegetable stock
1/4 cup - Soy sauce
1/4 cup - Mirin (you can substitute with white wine
and 1 tablespoon of sugar)
2 tablespoons - Maple syrup or Honey
2 cups - Cooking Oil for frying

To prep you veggies:

Cut the sweet potato and aubergine into 1/8 inch thin.
Cut peppers and courgette into bite size
Remove mushrooms stems

Method:

For the sauce:

We can prep this ahead of time .
Just mix all ingredients in a saucepan and bring to a
boil and simmer for 5 minutes.

For frying:

Heat Oil in (about 180c)

For the tempura batter:

Whisk all ingredients for tempura powder in an mixing
bowl.

In a bigger mixing bowl beat egg and then add the ice
water . Whisk well
Add tempura powder and mix with a fork or
chopsticks, be careful not to over mix. It may look
lumpy but it's ok.

Dip your veggies into batter, drain excess batter and
add into hot oil. Don't add too many veggies at the
same time or the oil temperature will drop and will
make your tempura soggy. About 4 pieces at a time.
Cook for 1-2 minutes flip on opposite sides.

Transfer veggies to a cooking rack so they won't go
soggy. Transfer to a serving plate and eat right away
with you dipping sauce.



The graphic features the Great British Social logo at the top left. A large black box contains the text 'LIVE COOK-ALONG SATURDAY @ 1PM VEGETARIAN LUNCH' in white. Below this, it says 'JOSIE INGRAM TEMPURA VEGETABLES'. At the bottom left, there is a YouTube icon and the text 'Watch on YouTube Live or @GBSocial.co.uk/LIVE'. On the right side, there is a circular badge with the text 'Sat 1pm 16th May 2020'. The background shows a plate of tempura vegetables and a small inset photo of Josie Ingram, the host, with the text 'HOST Josie Ingram'.