



Recipe
suggestions

Tempura haddock (serves 2)

Ingredients

- > 400g haddock fillet, cut into 10 pieces
- > 2 tsp freshly grated ginger
- > Oil for deep frying

For the batter:

- > 2 egg yolks
- > 2 cups iced water
- > 2 cups sifted flour

For the dipping sauce:

- > 1 cup dashi
- > 1/3 cup mirin
- > 1/3 cup light soy sauce

Method

- > Prepare the dipping sauce by combining ingredients over a low heat and bring to the boil. Keep warm.
- > Heat the oil to a fairly high temperature, 170⁰C.
- > Make the batter in 2 batches, the first just before you are ready to deep fry. In a mixing bowl, lightly beat 1 egg yolk, then pour in 1 cup of ice water and give this a few strokes with a fork, until the ingredients are loosely combined. Add 1 cup sifted flour and loosely combine again. The batter should be very lumpy, subject to the least amount of movement.
- > Test the batter by dropping a tiny amount into the oil: it should descend beneath the surface of the oil, then be buoyed up to the surface.
- > Dip each piece of haddock into a bowl of flour, shake off the excess, then slide the fish into the hot oil and deep fry for 3 mins. Retrieve with a slotted spoon and transfer to a serving plate.

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