

Tempura Vegetables

Summary

Yield	Servings
Source	wailana
Prep time	30 minutes
Cooking time	30 minutes
Total time	1 hour

Description

Crispy tempura vegetables are always irresistible, especially when coated in a light garbanzo flour batter. Try my version of this classic favorite.

Image not found

[Tempura Vegetables - Wai Lana Recipe](#) 

Ingredients

--Batter:

1½ c

+2 Tbsp. potato starch

1½ c

Garbanzo flour

2 Tbsp

Egg replacer powder

1½ tspn

Asafetida

1 Tbsp

Soy sauce

1 Tbsp

Fresh ginger juice* or 1 tsp. fresh ginger, finely grated

1¼ tspn

Baking soda

1 c

Water, chilled

ds

Vegetable oil for deep-frying

--Vegetables:

bn

8 pieces each of the following vegetables:

8

Sweet potato or potato, cut into 1/4-inch-thick rounds

8

Green or red bell pepper, cut into 1x1½-inch pieces

8

Broccoli, medium florets

8

Cauliflower, medium florets

8

Zucchini, cut into 1x1½-inch sticks

8

Roma tomato, quartered

--Sauce:

1¼ c

Clover honey

1¼ c

Soy sauce

1¼ c

fresh ginger juice*

2 Tbsp

Cornstarch mixed with 1 cup water

Instructions

1. Mix the first 7 ingredients in a medium bowl. Add the chilled water and whisk briefly to just blend the ingredients. Refrigerate for 30 minutes before frying.
2. Steam the sweet potato or potato and set aside to cool. In a small saucepan bring the sauce ingredients to a boil, whisking constantly. Cook for a minute, then remove from the heat and set aside to cool.
3. To fry the tempura, heat the oil in a medium saucepan or wok to frying temperature (365-375°F) on medium-high heat. Evenly coat 8 pieces of vegetable with batter, carefully place in the hot oil, and fry until golden brown. Drain well on paper towels. Repeat until finished.
4. To serve, arrange the tempura on a platter and smother liberally with tempura sauce, or use the sauce as a dip on the side. Tempura is best eaten right away while crisp and hot.

Notes

*To make fresh ginger juice, simply grate some fresh ginger, then manually squeeze the pulp.

Note: For an Indian variation, add 1/2 tsp. ground cumin, 1/4 tsp. ground coriander, and 1/4 tsp. red chili flakes to the batter.

Nutritional Information Per Serving:

Calories: 277, Fat 14.1g (127 cal), Carbohydrate 34.3g (137 cal), Protein 3.2g (13 cal)

Added information: Saturated Fat 0.8g, Cholesterol 0mg, Sodium 630mg, Dietary Fiber 2.8g

Source URL: <http://www.wailana.com/lifestyle/recipe/tempura-vegetables>