KIKKOMAN

Tempura with seafood and vegetables

Total time **45 mins** **15 mins** preparation time **30 mins** cooking time

Nutritional facts (per portion):
1,515 kJ / 362 kcal

Fat: **14.2 g** Protein: **20.5 g**
Carbohydrates: **38.9 g**

INGREDIENTS

4 portion(s)

For the tempura sauce:

300 ml	vegetable or fish stock
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 tbsp	Kikkoman Mirin-Style Sweet Cooking Seasoning
2 tsp	sugar
150 g	white radish (daikon)
30 g	ginger

For the batter:

400 ml	sparkling mineral water
1	egg
200 g	flour
60 g	cornflour

Other ingredients:

150 g	squid fillet or calamari
10	raw king prawns, peeled
8	fresh shiitake mushrooms
1	red pepper
1	courgette
1	sweet potato
1	aubergine
2 tbsp	flour
1 litre	sunflower oil for deep-frying

PREPARATION

Step 1

Seasoning:

300 ml vegetable or fish stock - **2 tbsp** Kikkoman Naturally Brewed Soy Sauce - **1 tbsp** Kikkoman Mirin-Style Sweet Cooking Seasoning - **2 tsp** sugar - **150 g** white radish (daikon) - **30 g** ginger

For the sauce, mix the vegetable stock, Kikkoman Soy Sauce, Kikkoman Mirin-Style Sweet Seasoning and sugar in a pan and heat. Remove from the heat just before it boils and set aside. Peel and finely grate the radish and ginger, then drain well in a sieve.

Step 2

400 ml sparkling mineral water - **1** egg - **200 g** flour - **60 g** cornflour

Whisk together the mineral water and egg for the batter. Mix the flour and cornflour, then gradually stir in the water and egg mixture. Chill the batter.

Step 3

150 g squid fillet or calamari - **10** raw king prawns, peeled - **8** fresh shiitake mushrooms - **1** red pepper - **1** courgette - **1** sweet potato - **1** aubergine

Cut the squid into 2 x 4 cm pieces. Pat the prawns dry. Halve the shiitake mushrooms. Cut the red pepper into 2 x 4 cm pieces. Slice the courgette and sweet potato into approx. 8 mm slices. Cut the aubergine lengthwise into 4 pieces and score the skin diagonally.

Step 4

2 tbsp flour - **1 litre** sunflower oil for deep-frying

Dust all ingredients with the flour, shake off the

excess, dip in the batter from step 2 and deep-fry in hot oil at approx. 170°C until golden brown. Drain on kitchen paper.

Step 5

Arrange the tempura on plates and serve with the dipping sauce from Step 1. Add the grated radish and ginger to serve.