



Tempura Fritters

Season: All

Serves: 30 tastes in the classroom
or 6 at home

Fresh from the garden: broccoli, eggs, snow peas or beans, spring onions or onions, sweet potato, zucchini

The fresh vegetables you use for this dish will depend on what you have available in your garden. Use the ingredients listed below as a guide, but have a think about how you can use whatever is in season. Cut up as much as you think you will need for your diners. Serve with your homemade aioli.

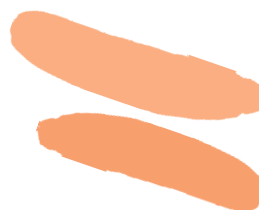
Note: The key to tempura batter is to make it thin and loose, not thick and dense – add a little more cold water if you need to. The aioli can be made in the same class by a separate kitchen team.

Equipment:

metric measuring cup
clean tea towel
chopping board
cook's knife
pot with steamer and lid
large bowl
mixing spoon
deep frying pan or wok
slotted spoon
kitchen paper
serving plates

Ingredients:

broccoli, cut into florets
yolk of 1 egg
1 cup very cold water
1 cup plain flour
2–3 cups canola oil
snow peas or beans, sliced into 5 cm long strips
zucchini, sliced into 5 cm long strips
sweet potato, sliced into 5 cm long strips
spring onion or onion, sliced into 5 cm long strips
1 quantity **Aioli**



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Steam the broccoli for just 2 minutes and allow to cool completely.
3. Combine the egg yolk with the very cold water in the bowl. Stir in the flour until just incorporated – do not over-stir (the batter should be a little lumpy, which makes the tempura crispier).
4. Before service (do not start until all other groups are 15 minutes away from serving otherwise your tempura will go cold and soggy) heat 2–3 cups of oil in the frying pan until a drop of batter cooks immediately.
5. Drop each piece of vegetable into batter and lightly coat. ***Place very carefully into the hot oil** and cook until golden.
6. Take out with slotted spoon and drain on kitchen paper. Keep going until all vegetables are done.
7. Serve on plates with small bowls of aioli on the side.

*** Adult supervision required.**

