



Tempura

SERVINGS 4 ⌚ **PREP TIME** 10 min **COOK TIME** 15 min

INGREDIENTS

- 1 pound seafood or fish (in chunks; whole shrimp or oysters are perfect)
- 1 quart **La Fe Vegetable Oil**
- 1/8 teaspoon baking soda
- 1/2 teaspoon kosher salt
- 1/4 cup cornstarch
- 3/4 cup rice flour (or all-purpose flour)
- 1 large egg yolk
- 1 cup sparkling water (ice cold)

DIRECTIONS

1. Lay out a paper towel under a rack to place the fried seafood on. Heat the **La Fe Vegetable Oil** to 370°F over medium-high to medium heat in a deep fryer or a deep, heavy pot with a deep-fry thermometer attached to the side.
2. Salt the seafood and set it aside. Mix baking soda, salt, cornstarch, and rice flour in a bowl until they are fully incorporated.
3. When the oil is hot, whisk the egg yolk and the sparkling water together, then pour it into the bowl of dry ingredients, mixing well. The consistency of the batter should be like melted ice cream. Rapidly dip the seafood into the thin batter, shake it off a bit, and drop it into the oil. Do this in batches so the oil temperature does not drop too far. Do not crowd the pot.
4. Fry for 2 to 4 minutes, depending on the size of the seafood. When you hear the popping and sizzling subside, remove the fish immediately. Do not use over-large pieces of seafood or you will not get a nice crust.
5. Once the seafood is out of the oil, lay it on the rack to drain. Let the oil come back up to temperature and rapidly prepare another batch and put it into the oil.
6. If you have more than 1 pound of fish or seafood, make two batches of the tempura batter and add the liquid to the solid ingredients in the second batch only when you have gone through the first pound of fish. This keeps the batter fizzy and the end-result light and crispy.