

Shrimp and Vegetable Tempura

<http://userealbutter.com/2016/10/16/shrimp-vegetable-tempura/>

lotus root, peeled and sliced to 1/4-inch thickness
shrimp, peeled and butterflied
kabocha squash, cut into 1/2-inch wedges (seeds removed)
broccolini
enoki or beech mushrooms, bottoms removed

tempura batter

from [Sushi Day](#)

1 cup ice water
1 large egg, beaten
1 cup flour (or 1/2 cup flour and 1/2 cup potato starch for lighter, crispier results)
1/8 tsp baking soda
vegetable oil for frying

tempura dipping sauce

1 cup dashi stock (I use 1/2 tsp hondashi granules and 1 cup hot water)
1/4 cup mirin
1/4 cup soy sauce
1/2 tbsp sugar

Make the tempura batter: Combine the ice water and egg in a vessel. In a bowl, whisk the flour, potato starch (if using), and baking soda together. Stir the dry ingredients into the wet ingredients (lumps are okay). Store in the refrigerator until ready to use. Makes just under 2 cups of batter.

Make the tempura dipping sauce: Place all of the ingredients in a small saucepan and bring to a boil over high heat. Remove from heat and set aside.

Make the tempura: Heat 2 inches of vegetable oil in a large pot until the oil reaches 350°F. Soak the lotus root slices in a bowl of water with a dash of vinegar or lemon juice to prevent discoloration. When ready to cook, pat each slice dry. Skewer the shrimp lengthwise with 6-inch wooden skewers to keep them straight when they cook. Dip the shrimp and vegetables, one at a time, into the tempura batter, completely coating each item. Gently lower the pieces into the hot oil taking care not to overcrowd (work in batches). Fry until the batter is golden, then flip the pieces over until the other side is golden. Remove from oil and let drain on paper towels or a cooling rack. Remove any skewers from the shrimp. Serve hot with the tempura dipping sauce.