

TEMPURA WITH POPPY SEED DRESSING



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SERVES 4

Prep Time: 15 minutes

Cook Time: 10 minutes

INGREDIENTS

For the dressing:

50 g poppy seeds (40 g ground, 10 g left intact) • 1teaspoon “mirin” sweet rice wine, or sherry if unavailable • 1tablespoon soy sauce • Pinch of salt • Pinch of sugar • 1teaspoon wholegrain mustard

For the tempura:

400 g mixed vegetables, such as shitake mushrooms, carrots, leeks, asparagus, cauliflower, etc • 160 ml cold water • 100 g tempura powder • Oil to fry

METHOD

Mix all the dressing ingredients and place to one side • Take the raw tempura vegetables and cut into small pieces • Stir the tempura flour into the water, and mix well • Dip the vegetable pieces into the tempura mix and then fry in oil at 180°C for five minutes • Remove from the oil and serve on a plate • Sprinkle with poppy seeds and serve the dressing separately so as you can dip the tempura vegetables