

Courgettes in Tempura batter

Ingredients – Serves 2 | Cooking time 10 mins

Approx. 200g courgettes
2 tablespoons plain flour
½ teaspoon chilli powder
Tempura batter mix
Sea salt, to taste
Vegetable oil, to deep fry

Mise en place

- Wash and dry the courgettes. Top and tail them and cut into neat baton shapes about 6cm in length.
- Place the flour in a clear shallow dish. Mix in the chilli powder and season with a few twists of sea salt. Mix together well.

Tempura batter

- **Ingredients – as required | Cooking time 10 mins**
50g plain flour
50g cornflour
1/4 teaspoon baking powder
150ml ice cold sparkling water
1 large egg
pinch sea salt

Method

- **Separate the egg** and save the yolk for another purpose. Whisk the egg white until light and frothy.
- Sift the flour, cornflour and baking powder into a large bowl.
- Whisk in the ice cold water.
- Lightly fold in the whisked egg white very gently as we do not want to knock out any of the air in the whisked egg white.
- Add a pinch of salt to the batter to taste.

Method

- . In a wok or saucepan, heat enough oil to deep fry to around 180°C.
- . Pass the batons of courgettes through the seasoned flour and into the tempura batter.
- . Carefully take the courgettes from the tempura batter and place in the hot oil. Fry for a few minutes until light golden brown and crispy.
- . Using a slotted spoon, remove the courgette fingers from the oil and drain on some kitchen paper to remove any excess oil.
- . Serve the courgette fingers immediately on warmed plates or in a warmed serving dish.