TEMPURA VEGETABLES

INGREDIENTS

1. 350g kumara (orange sweet potato), peeled, thinly sliced
2. 2 large carrots, peeled, thinly sliced diagonally
3. 450g pumpkin, peeled, thinly sliced diagonally
4. 200g green beans, trimmed and cut in half
5. 1 large green capsicum, seeds removed, cut into 2cm-wide strips
6. 1/2 cup rice flour
   7. 1/2 cup plain flour
8. 1/2 teaspoon baking powder
9. 1 egg
10. 300ml bottle soda water, chilled
11. vegetable oil, for deep-frying

** Add serving sauce

METHOD

1. Place cut vegetable in freezer for 10-15 minutes, need to be cold.
2. Place flours and baking powder into a large bowl. Add egg and soda water. Stir until just combined (don't over-mix, mixture doesn't have to be smooth).
3. Pour oil into a large saucepan or wok until it is one-third full. Heat over medium-high heat until a small piece of bread sizzles when dropped into oil.

4. Dip vegetables, 1 piece at a time, into tempura batter, allowing excess to drain. Gently lower into hot oil. Cook, 3 to 4 at a time, for 2 to 3 minutes, or until batter is crisp and light golden. Drain on paper towels. Repeat until all vegetables are cooked.

5. Serve immediately with sauce