

#00 – Tempura

Yield: 4 Portions

Ingredient	Mass	Volume	Method
Heat treated Fava flour		1 Cup	Step # Step Description
Egg yolk		1 Yolk	1. Combine all ingredients in a medium bowl and whisk until smooth.
Ice cold water		1 Cup	2. Keep the batter very cold until ready for use.
			3. Heat oil in a large pot to 350 f.
			4. Dip the desired tempura items into the batter using a swift motion, making sure the batter coating is even.
			5. Slowly place the items into oil until they start to float, cook times will vary depending on the ingredient.
			6. Once cooked place items on a wire rack to cool
			(Tasty items to tempura include: Shrimp, fish, sweet potato, broccoli, mushrooms, green onion, red pepper.)



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