



# Prawn tempura

20'  
Hands on

2'  
Cook Time

2-4  
Portion(s)

1  
Difficulty



## Method

Prawn tempura are famous due to the tempura batter which is a Japanese fried batter technique used for seafood as well as vegetables. Tempura has European roots from Portugal and was brought to Japan from the Jesuit monks in the 16th century.

- **Peel the prawns** and using a sharp knife, make a series of 5 scorings (slits), which are 2-3 mm deep, along the back of the prawns.
- Turn them over on their belly and score again in the same way, making sure the scorings are positioned in between the scorings on the back.
- Gently press down on them with your hand so they can open up like an accordion. In this way they look larger and more presentable when they are fried.
- In a **bowl**, add the flour, corn starch, salt, pepper and soda water. Whisk to combine the tempura batter.
- Season the prawns with salt and pepper, dust with corn starch and gently toss to coat completely.
- Dip the prawns in the tempura.
- Pour the vegetable oil in a **pan** and let it heat to 180\* C (350\* F).
- Add the prawns and fry for about 2 minutes or as long as necessary to make beautiful looking, golden prawns.
- When ready, remove from pan with a slotted spoon and let them drain excess oil on paper towels.
- **Serve** with **sweet chili sauce** and fresh thyme.

## Tip

The soda water should be VERY cold!

## Ingredients

For the tempura

- 3 tablespoon(s) corn starch
- 4 tablespoon(s) all-purpose flour
- 170 g club soda, very cold
- 1 pinch salt

For the prawns

- 8 shrimps, peeled from shell
- salt
- pepper
- corn starch, for dusting
- seed oil, for frying

To serve

- [sweet chili sauce](#)
- thyme

## Διατροφικός πίνακας

Nutrition information per portion

117 Calories (kcal)	2.3 Total Fat (g)	0.5 Saturated Fat (g)	20.0 Total Carbs (g)
6%	3%	3%	8%
0.0 Sugars (g)	4.1 Protein (g)	0.7 Fibre (g)	0.35 Sodium (g)
0%	8%	3%	6%