

SHRIMP & VEGETABLE TEMPURA

SERVES 4

PREP TIME: 20 MINUTES
COOK TIME: 15 MINUTES

DIPPING SAUCE

2 tablespoons (30 ml)
mandarin orange juice
3 tablespoons (45 ml)
coconut aminos

1 tablespoon (15 ml)
sesame oil (Stage 1)

1 tablespoon (15 ml) white
wine vinegar

BATTER

$\frac{1}{4}$ cup (39 g) cassava flour

$\frac{1}{4}$ cup (33 g) tapioca flour

Pinch turmeric for color

(optional)

Pinch sea salt

$\frac{1}{2}$ cup (125 ml) sparkling
mineral water

AVOCADO OIL FOR FRYING

1 large firm avocado,
peeled and cut into slices

4 radishes

8 baby corn

8 small heirloom carrots

8 thin asparagus spears

1 small delicata squash,
sliced into half moons

12 large shrimp, peeled
with tails left on

Tempura is a tasty way to increase your vegetable intake or encourage veggie-haters to eat up. You can use pretty much any vegetable, so don't feel you need to stick to my choice. Having said that, lightly battered avocado is pretty special. The blend of cassava and tapioca gives a light, crispy batter, which you could also use for onion rings. Have everything ready before starting this recipe, as it comes together quickly.

Line a large baking sheet or a couple of large plates with paper towels.

To make the dipping sauce, mix together the orange juice, coconut aminos, oil, and vinegar in a small bowl. Set aside.

To make the batter, put the flours, turmeric, and sea salt in a large bowl and make a well in the center. Pour in the sparkling water and whisk until smooth.

Put a medium pan over high heat and add a couple of inches of the avocado oil. It is ready when you drop in a little batter and it sizzles and rises to the top. Now turn the heat down to medium to avoid overheating.

Drop 2 or 3 veggie pieces into the batter and coat well. Using tongs or two forks, lift out and briefly shake over the bowl to remove any excess. Gently pop into the hot oil and cook for 1 minute, or until crispy and lightly golden. Transfer to the paper towels and keep warm until all batches are done.

When all the veggies are fried, repeat the process with the shrimp.

Transfer the tempura to a large platter and serve immediately, with the dipping sauce alongside.