



Sweet Potato Tempura

Oscar · 29/09/2024



Prep Time

35 mins

Difficult

Medium

Servings

4

Description

This delicious sweet potato tempura recipe uses just one sweet potato plus several common pantry ingredients. This easy recipe works to make other vegetable tempura too such as broccoli, mushroom, and onion.

Ingredients

- 2 large eggs - $\frac{3}{4}$ cup ice water - 3 tablespoons ice water - $\frac{3}{4}$ cup all-purpose flour - 1 tablespoon all-purpose flour - $\frac{1}{2}$ teaspoon salt - 2 cups oil for frying - 1 large sweet potato
- scrubbed and sliced into $\frac{1}{8}$ -inch slices - $\frac{1}{4}$ cup rice wine - $\frac{1}{4}$ cup soy sauce

Instructions

1. Make the tempura: Beat eggs in a large bowl until frothy. Stir in 3/4 cup plus 3 tablespoons ice water
2. 3/4 cup plus 1 tablespoon flour
3. and salt until just incorporated; batter should still be very lumpy. Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C). Set a wire rack over several layers of paper towels. Dry sweet potato slices with paper towels. Dip three slices into batter
4. letting excess batter drip back into the bowl. Fry in the preheated oil until golden brown
5. about 2 minutes per side. Use a slotted spoon to transfer sweet potatoes to the wire rack. Repeat to dip and fry remaining sweet potatoes. Make the dipping sauce: Whisk rice wine and soy sauce together in a small bowl. Serve with tempura. Editor's Note: Nutrition data for this recipe includes the full amount of batter and dipping sauce ingredients. The actual amount consumed will vary. We have determined the nutritional value of oil for frying based on a retention value of 10% after cooking. The exact amount will vary depending on cooking time and temperature
6. ingredient density
7. and specific type of oil used.