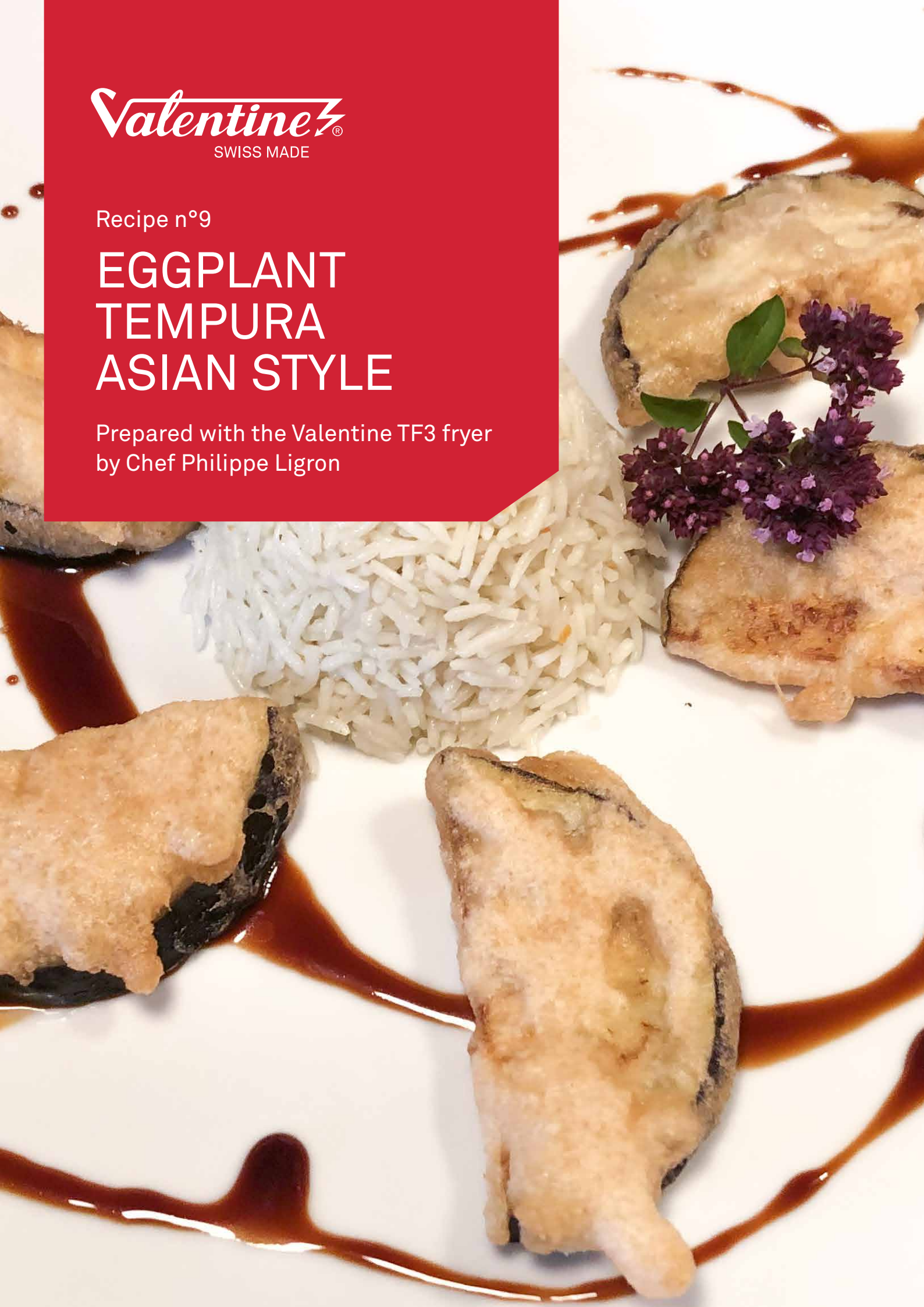


**Valentine**   
SWISS MADE

Recipe n°9

# EGGPLANT TEMPURA ASIAN STYLE

Prepared with the Valentine TF3 fryer  
by Chef Philippe Lignon





Valentine presents a recipe created by Chef Philippe Ligrón

## RECIPE N°9 EGGPLANT TEMPURA ASIAN STYLE

### FOR 4 PERSONS

Preparation time	20 min
Cooking time	4 min

### Ingredients

#### Eggplant tempura:

Flour	150 g
Lager beer, very cool	150 ml
Sunflower oil	2 tsp
Egg white	2 pieces
Salt	1 pinch
Eggplant (or any other vegetable!)	400 g

#### Teriyaki sauce:

Salt	1 pinch
Rapeseed oil	1 tsp
Sugar	1 pinch
Sake (rice wine)	100 ml
Mirin	150 ml
Soja sauce	150 ml

#### Fragrant rice:

Basmati rice	250 g
Vegetable broth or water	350 ml
Salt	1 pinch

### Material needed

Valentine TF3 fryer

### METHOD

**Batter** (Let it rest for 1 hour in the fridge before use)

- Add the beer to the flour and mix to obtain a homogeneous dough, without lumps.
- Cover it gently with the oil and let it rest for 1 hour in the fridge.
- Just before use, beat the egg white with a pinch of salt until stiff and incorporate it into the cooled dough.
- Cut the eggplants or other vegetables into regular pieces and keep them aside.



#### Teriyaki sauce

- Mix the mirin, soy sauce, salt, sake and sugar.
- Pour the mixture into a saucepan and bring it to a boil, then decrease the heat and simmer for 5 minutes.
- Let it cool down.

#### Fragrant rice

- Make the rice pearl in a suitable pan. Pearl means the rice turns into the same matt colour as nacre.
- Add some salt and stir.
- Then add 1.5 times the volume of rice in broth or water, bring to a large boil.
- Cover with a lid and set the heat to the minimum.
- Cook for 45 minutes without opening the lid and without stirring.
- At the end of the cooking time, check the seasoning and cooking and stir the rice with a fork.

#### Finishing

Pass the cut vegetables in the batter and fry them in the TF3 deep fryer at 180°C until browned. Dress them as you wish! Enjoy your meal!



## DID YOU KNOW?

Did you know that tempura has a rather original life course?

In our gastronomic history, most of our food and know-how either comes from the West through the conquistadors during the Renaissance period, or from the East through the Spice Routes (also known as Maritime Silk Roads)!

Well, tempura seems to have done a trip against all logic. It seems that tempura is a Japanese interpretation of the Portuguese “Peixinhos da horta” imported into the land of the Rising Sun.

By the way, Japan’s other name is Nippon, which intrinsically means “Origin of the Sun” and then “Place of Origin of the Sun”.

So what is the relationship with Portugal then? It looks like the Portuguese Jesuit missionaries would have imported this preparation in the 17th Century.

The Japanese, which are epicureans, then adapted the tempura to their taste by lightening the batter and eating them in the form of skewers, while standing.

Restaurants specialized in tempura only appeared long time later, but to our great delight!

Why do I like this recipe? First of all, because it’s tasty, but also because it allows us to use all those bits of vegetables that we have left in our refrigerators! Preparing them in tempura gives them back their nobility and crunchiness and on top of that, it’s excellent.

But... I already told you!

Enjoy your meal!