

Deep-Fried Seafood Recipe

Ingredients:

500 g fillets of bream or other firm white fish
12 small to medium-size raw prawns (shrimps)
1 tablespoon Japanese soy sauce
1 tablespoon mirin or dry sherry
1/2 teaspoon salt
1/2 cup corn flour
1 or 2 egg whites, beaten until frothy
1 1/2 cups finely snipped harusame noodles
Vegetable oil for deep frying
Tempura Sauce or salt for dipping

Method:

Remove all bones and skin from fish fillets and cut fillets lengthways into narrow strips, then into bite-size lengths. Shell and de-vein prawns, leaving tails on. Marinate fish and prawns in soy, mirin and salt for 30 minutes. Roll each piece of seafood first in corn flour, dusting off excess, then in egg white, then in harusame noodles. The noodles should be cut with kitchen scissors, a few strands at a time, to pieces not more than 1/2 inch long. Heat oil to about 170 degrees Celsius and fry a few pieces at a time. Harusame will puff and swell immediately on being immersed in the hot oil. If it does not, it means the oil is not hot enough and the harusame will be tough and leathery instead of crisp and crackling. Fry for half to 1 minutes, and remove from oil with a slotted spoon before the color changes. Drain on absorbent paper and serve with tempura sauce or sea salt for dipping.

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