



WHATSheATE



# Shrimp Tempura with Creamy Spicy Yuzu Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



4675 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 2 tablespoons chives plus more for garnish chopped
- ☐ 1 eggs
- ☐ 3 tablespoons korean honey citron tea paste (see note)
- ☐ 4 servings kosher salt
- ☐ 0.5 cup mayonnaise
- ☐ 2 quarts vegetable oil; peanut oil preferred
- ☐ 0.5 cup cornstarch (or cornstarch)

- ☐ 1.5 cups seltzer water ice cold
- ☐ 1 pound shrimp deveined peeled cut in half crosswise (26 to 30 count)
- ☐ 1 cup flour all-purpose
- ☐ 2 tablespoons yuzu juice drink (see note)

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ kitchen thermometer
- ☐ wok
- ☐ dutch oven
- ☐ chopsticks

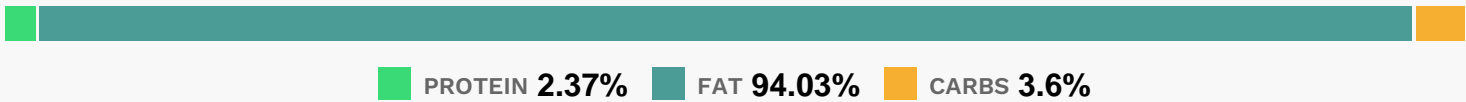
## Directions

- ☐ Combine mayonnaise, gochujang, yuzu, and chives in medium bowl and whisk to combine.
- ☐ Lay shrimp on paper towel-lined baking sheet and blot to fully dry.
- ☐ Heat peanut oil over high heat in a large, heavy dutch oven or wok to 390 degrees as read on an instant read or deep-frying thermometer, about 12 minutes. Lower heat to maintain temperature.
- ☐ Whisk flour and rice flour together in a large bowl.
- ☐ Add eggs and soda water and, shaking bowl with one hand, rapidly whisk with other hand with a pair of chopsticks until the mixture just comes together. There should still be dry clumps of flour remaining. Line a second bowl with a triple layer of paper towels.
- ☐ Working in two batches, submerge shrimp in batter and turn to coat. Pick up a handful of shrimp, allow excess batter to drip off, and carefully drop into hot oil one at a time. Repeat until first half of shrimp are all in the fryer. Fry, agitating constantly with chopsticks or wire

mesh spider until tempura is a pale golden brown and very crisp, about 2 minutes.

- ☐
- Transfer the fried shrimp to the paper-towel lined bowl, season with salt, and toss to drain excess oil.
- ☐
- Transfer to a wire rack set in a rimmed baking sheet in a 200°F oven to keep warm. Allow oil to reheat to 390°F and repeat with remaining shrimp.
- ☐
- Transfer drained shrimp to bowl with sauce and toss to coat.
- ☐
- Serve immediately, sprinkled with extra chives.

## Nutrition Facts



### Properties

Glycemic Index:42.5, Glycemic Load:17.34, Inflammation Score:-6, Nutrition Score:16.925652011581%

### Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

### Nutrients (% of daily need)

Calories: 4674.59kcal (233.73%), Fat: 496.11g (763.24%), Saturated Fat: 83.76g (523.49%), Carbohydrates: 42.72g (14.24%), Net Carbohydrates: 41.6g (15.13%), Sugar: 1.39g (1.54%), Cholesterol: 235.25mg (78.42%), Sodium: 545.37mg (23.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.1g (56.21%), Vitamin E: 75.37mg (502.5%), Vitamin K: 52.42µg (49.92%), Phosphorus: 314.09mg (31.41%), Copper: 0.53mg (26.65%), Selenium: 15.21µg (21.73%), Vitamin B1: 0.26mg (17.63%), Folate: 66.53µg (16.63%), Iron: 2.65mg (14.7%), Zinc: 2.1mg (13.97%), Manganese: 0.27mg (13.55%), Magnesium: 52.42mg (13.1%), Vitamin B2: 0.22mg (12.95%), Potassium: 420.25mg (12.01%), Vitamin B3: 2.06mg (10.27%), Calcium: 95.8mg (9.58%), Vitamin C: 5.75mg (6.97%), Fiber: 1.11g (4.46%), Vitamin B5: 0.36mg (3.59%), Vitamin A: 166.85IU (3.34%), Vitamin B6: 0.06mg (2.8%), Vitamin B12: 0.13µg (2.19%), Vitamin D: 0.28µg (1.84%)