



Tempura Sardines with Tonnatto Sauce

READY IN

ready

85 min.

SERVINGS

servings

6

CALORIES

calories

1570 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 tablespoon pepper black freshly ground
- ☐ 2 sticks butter
- ☐ 4 cups chicken stock see
- ☐ 1 tablespoon cornstarch
- ☐ 1 eggs
- ☐ 1 pound tuna fish good canned drained
- ☐ 1 cup flour all-purpose
- ☐ 12 sardines fresh cleaned

- ☐ 3 tablespoons garlic minced
- ☐ 2 cups heavy cream
- ☐ 4 cups milk
- ☐ 2 tablespoons oregano fresh minced
- ☐ 1 teaspoon rice wine vinegar
- ☐ 1 tablespoon salt
- ☐ 1 teaspoon salt
- ☐ 0.5 cup soda water
- ☐ 0.5 cup baby squash sliced
- ☐ 8 cups vegetable oil
- ☐ 0.5 cup zucchini sliced

Equipment

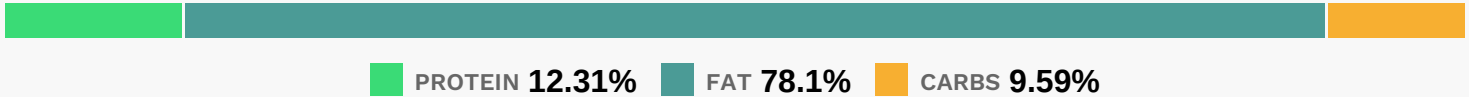
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ mixing bowl
- ☐ pot

Directions

- ☐ In a mixing bowl, mix the flour, baking powder and salt together, blending well. Next, add the egg and vinegar and then stir in the soda water. Keep cold until use and stir again before using.
- ☐ Preheat a deep saucepot with the oil to 350 degrees F.
- ☐ Dip the sardines in the cornstarch, then the tempura batter and then float in the fryer. The fish should be well-coated but not drenched. Cook 3 to 4 minutes, in batches if necessary, flipping over during the process to ensure even cooking.
- ☐ Remove from the fryer to paper towels, allowing the sardines to drain any excess oil. Hold warm until serving with the Tonatto Sauce.

- ☐
- In heavy-bottom saucepan over medium-high heat, heat the chicken stock, garlic, salt and pepper until simmering. Reduce the heat to medium and simmer for 10 to 15 minutes.
- ☐
- Next, in a saucepan over medium-high heat, melt the butter. Slowly add the flour with a whisk, stirring to incorporate. Continue to cook until the butter and flour begin to thicken, this takes about 3 minutes. Once thickened, remove from the heat.
- ☐
- After the stock has simmered and reduced by 25-percent original volume (or 1 cup), add the milk and cream and to stir allow the stock and dairy products flavor each other and create a soup base, about 10 minutes.
- ☐
- Next, add the roux to the soup base and stir in ensure smoothness. Finally, add the tuna, squash, zucchini and oregano over medium-low heat. Continue cooking for 20 minutes. Puree and adjust the seasoning.

Nutrition Facts



Properties

Glycemic Index:64.5, Glycemic Load:15.46, Inflammation Score:-10, Nutrition Score:41.403478332188%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 1569.76kcal (78.49%), Fat: 137.99g (212.29%), Saturated Fat: 50.5g (315.61%), Carbohydrates: 38.1g (12.7%), Net Carbohydrates: 36.14g (13.14%), Sugar: 13.4g (14.89%), Cholesterol: 292.01mg (97.34%), Sodium: 2499.81mg (108.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.95g (97.9%), Vitamin K: 125.77µg (119.78%), Selenium: 81.96µg (117.08%), Vitamin B3: 17.4mg (87.02%), Vitamin A: 3921.51IU (78.43%), Calcium: 765.8mg (76.58%), Phosphorus: 711.51mg (71.15%), Vitamin B2: 1.04mg (61.12%), Vitamin B12: 3.08µg (51.29%), Vitamin E: 7.33mg (48.84%), Manganese: 0.64mg (31.82%), Vitamin B6: 0.59mg (29.7%), Potassium: 1039.01mg (29.69%), Vitamin B1: 0.43mg (28.48%), Vitamin D: 4.11µg (27.42%), Iron: 4.72mg (26.2%), Zinc: 3.83mg (25.5%), Magnesium: 91.34mg (22.83%), Folate: 66.77µg (16.69%), Vitamin B5: 1.29mg (12.87%), Copper: 0.22mg (11.07%), Fiber: 1.96g (7.84%), Vitamin C: 6.38mg (7.74%)