

Japanese Eggplant Tempura with Dipping Soy Sauce

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-rice-eggplant-and-bell-pepper-recipe>

Ingredients:

- 5 whole asian eggplants thinly sliced, diagonal; from Asian markets; or use regular aubergines sliced in 2-inch length pieces
- 1/2 cup vegetable oil for deep-frying
- 1 cup all-purpose flour
- 1 tablespoon cornstarch
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1 whole egg chilled
- 3/4 cup ice cold water
- 1/3 cup dashi stock Hondashi, from Asian markets
- 3 tablespoons Japanese soy sauce
- 2 tablespoons sake
- 2 teaspoons sugar
- 1 tablespoon daikon radish grated, liquid squeezed off
- white rice steamed jasmine, for serving

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 41 grams
3. Cholesterol: 55 milligrams
4. Fat: 29 grams
5. Fiber: 1 grams
6. Protein: 7 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 940 milligrams
9. Sugar: 3 grams
10. TransFat: 1 grams

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