

Boneless Fried Shad Tempura

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-tempura-recipe-rice-flour>

Ingredients:

- 6 shad fillets cut in the honegiri technique
- salt
- vegetable oil for cooking
- 3/4 cup rice flour or all-purpose flour
- 1/4 corn starch
- 1/4 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup ice cold sparkling water
- 1 egg yolk
- sauce for dipping

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 55 milligrams
4. Fat: 7 grams
5. Fiber: 2 grams
6. Protein: 3 grams
7. SaturatedFat: 1 grams
8. Sodium: 700 milligrams
9. Sugar: 3 grams

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