



Tempura

Tempura is said to have been brought to Japan by the Portuguese in the form of fried ground fish or other deep fried foods. **Tempura** in the form of white-flesh fish and shrimp lightly fried in batter developed in the late 18th century when people began frying seafood caught in today's Tokyo Bay and nearby waters. Creating **tempura's** thin coating of fried batter demands skillful control of the temperature of the egg, water and flour, as well as a careful frying technique. Nowadays, seafood such as shrimp, whiting, squid and scallops are commonly used, complemented by batter-fried vegetables such as sweet potatoes, green beans, Japanese ginger and pumpkin. In Japanese, **tempura** consisting of only vegetables

is referred to by a separate term: **shojin-age**.

Tempura is usually eaten by either dipping it into a sauce called **tentsuyu**, made from broth stock, soy sauce and **mirin**, with a garnish of grated **daikon** radish and ginger, or by seasoning it with salt alone or a mix of salt and either powdered Japanese pepper or powdered Japanese green tea. In Japan, grated **daikon** radish and ginger was historically used as an antidote for poison, while the use of Japanese pepper and powdered green tea for their pungent taste, smell and color is a hallmark of Japanese cuisine.

Fried in vegetable oil, **tempura** greatly enriches the natural flavors of its ingredients yet is also remarkably healthy.

