

Japan *I*food vol.6

Having unique traditional Japanese food with tempura will be a good experience for you!

Information : Lion Oriental Foods Co.and Loi's Eastern Supermart

Japanese Recipes and Tips

English Section

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Japanese Recipe - 11

Natto Tempura

Natto Tempura is fermented soybeans fried in Tempura batter and it is a nice appetizer when serving alcohol.



Ingredients (Serves 2 persons)

2 packages **Natto** | Canola oil for frying
1 scallion | Pinch of salt or 1 teaspoon soy sauce

[Tempura batter (1/2 cup Tempura batter mix)]
1/2 cup of flour | 1/2 cups of cold water
1/2 tablespoon cornstarch | Pinch of salt
1 egg

Method

1. Mix plain flour and potato starch together. And then crack an egg into the bowl, and beat it roughly. Add the cold water and mix them.
2. Do not mix it too much and lumps in the flour are completely fine.
3. In another bowl, combine Natto and chopped scallion. Mix them until it is well incorporated.
4. Dip bamboo chopsticks in oil to check temperature. When fine bubbles vigorously come up from tips of chopsticks, oil should be around 180c and is ready.
5. Put Natto with scallion into Tempura batter, scoop and put them in oil.
6. Flip once or twice while frying. When surface is golden brown, they are ready.
7. Serve the Natto tempura with dipping salt or soy sauce.



Sandra Gwee
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Coming back from the Sake Expo in Sydney there are still a huge varieties of Sake that still haven't arrived in Perth. Keep up to date with us on Facebook so you know when our new range will be coming in!



Natto is a traditional food in Japan and it has a unique taste with strong aroma. But when you cook it with Tempura, the smell and taste makes a great combination with a crispy touch.

This Sake is suited to 'Natto Tempura'

Kuromatsu Hakushika - Gouka Sennenjyu Junmai Daiginjyu

To start off the meal, this sake will open your taste buds with its light richness and clean taste. Cutting through the tempura batter with its clean taste will complement the fermented soybean taste with its light richness of rice flavour. Enjoy it very cold for a flavor that will be high in acidity or have it at room temperature for a smoother richer taste.



Natto

Natto is a traditional Japanese food made from soybeans fermented. It is served with soy sauce with chopped scallion. Natto may be an acquired taste because of its powerful smell, strong flavor, and slimy texture..



Tempura Batter

Tempura batter is made of cold water and soft wheat flour, Eggs, cornstarch and salt. It is traditionally mixed in small batches using chopsticks for only a few seconds, leaving lumps in the mixture. Cold batter temperature, results in the unique fluffy and crisp tempura structure when it is fried. Specially formulated tempura flour is available in the shop.

