



APPETITE 4 THE WILD
Cook • Fish • Hunt



by MELISSA FROHLOFF

Crispy tempura prawns

Ingredients

- 1kg green prawns, peeled, deveined and tails intact
- 1 cup self-raising flour
- 1 cup rice flour
- 1 cup plain flour
- Enough cold soda for a thin batter
- Rice oil, to deep fry

Method

1. To make the tempura batter, combine self-raising and rice flour in a mixing bowl and whisk in enough soda water to make a thin batter. Don't over-mix the batter because this can overstretch the gluten in

the flour and make the batter tough.

2. Refrigerate the batter for two hours.

3. Dust the prawns in plain flour.

4. Heat the rice oil in a wok on medium/high heat. Dip prawns in batter and lower into wok. Cook in a couple of batches. Allow to cook for a few minutes until golden.

5. Remove from oil and drain on paper towel, then repeat with remaining prawns.

Tip

Serve with Appetite 4 The Wild chilli and mango sauce.

Prep time: 15 min | Cook time: 3 min | Serves 4