

TEMPURA VEGETABLES

Yield 100

Portion 3-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
143 cal	19 g	5 g	6 g	36 mg	420 mg	72 mg

Ingredient

BROCCOLI,FRESH,CHOPPED
 CAULIFLOWER FLORETS,FRESH
 SQUASH,ZUCCHINI,FRESH,SLICED
 FLOUR,WHEAT,GENERAL PURPOSE
 BAKING POWDER
 SALT
 EGGS,WHOLE,FRESH
 WATER,COLD

Weight

5 lbs
 5 lbs
 5 lbs
 4-1/2 lbs
 2-2/3 oz
 2-7/8 oz
 1-7/8 lbs
 6-2/3 lbs

Measure

1 gal 2-1/2 qts
 1 gal 1-2/3 qts
 1 gal 1 qts
 1 gal 1/8 qts
 1/4 cup 2 tbsp
 1/4 cup 2/3 tbsp
 17 Eggs
 3 qts 3/4 cup

Issue

8-1/4 lbs
 5-1/4 lbs

Method

- 1 Wash and trim vegetables. Set aside for use in Step 6.
- 2 Sift together flour, baking powder, and salt in mixer bowl. Set aside for use in Step 4.
- 3 Separate eggs. Beat egg yolks. Set egg whites aside for use in Step 5.
- 4 Add half of ice water to egg yolks. Add to dry mixture beating at low speed until blended. Add remaining ice water; whip at high speed until smooth.
- 5 Whip egg whites until stiff but not dry. Fold into batter.
- 6 Dip dry vegetables into batter.
- 7 Fry about 3 to 5 minutes or until golden brown in 365 F. deep fat fryer.
- 8 Drain well in basket or on absorbent paper. CCP: Hold at 140 F. or higher for service.