

Golden Eagle Wasabi Tempura Mackerel

THIS IS A REALLY TASTY WAY TO PREPARE FRESH MACKEREL WITH A TWIST. SERVE WITH STEAMED OR GRILLED VEGETABLES FOR A HEALTHY DINNER OR LUNCH ON THE LIGHTER SIDE.

THIS WORKS WELL WITH CHUNKS OR STRIPS OF BLUEFISH ALSO!

Serves 2

Ingredients

FILETS FROM 4-5 MEDIUM SIZED FRESH MACKEREL (SKIN ON) & DEBONED

ONE EGG

ICE WATER

ALL PURPOSE FLOUR

WASABI POWDER

SOY SAUCE

LEMON JUICE

GREEN ONION (SCALLION)

LIGHT COOKING OIL (VEGETABLE, CANOLA)

SESAME OIL

MAKE SURE FILETS OF MACKEREL HAVE SKIN ON AND ARE CHILLED PRIOR TO PREPARING THIS RECIPE.

IN A SHALLOW FRYING PAN, HEAT COOKING OIL TO 340-360 DEGREES. THIS IS THE PROPER TEMPERATURE FOR MAKING A CRISPY TEMPURA.

JUST PRIOR TO FRYING PREPARE YOUR BATTER, TRY NOT TO MAKE THIS BATTER EARLIER AND LET IT SIT, IT SHOULD BE MADE AND USED IMMEDIATELY FOR BEST RESULTS. BEAT ONE EGG AND MIX WITH ICE WATER, THE COLDER THE WATER THE BETTER. THE BATTER WILL ABSORB LESS OIL DURING FRYING. STIR IN SIFTED ALL PURPOSE FLOUR UNTIL BATTER HAS A LOOSE BUT CLINGY CONSISTENCY. ADD A TABLESPOON OR SO OF WASABI POWDER TO THE BATTER MIX AND STIR IN THOROUGHLY. DIP MACKEREL FILETS IN BATTER AND LET EXCESS DRIP OFF, PLACE IN OIL AND FRY UNTIL GOLDEN BROWN AND CRISPY. DRAIN ON PAPER TOWEL, PLATE AND SERVE WITH DIPPING SAUCE AND STEAMED VEGETABLES AND PERHAPS A PORTION OF BROWN RICE.

Dipping Sauce

IN A SMALL BOWL COMBINE SOY SAUCE AND LEMON JUICE TO TASTE. CUT SOME SCALLION AND ADD TO SOY SAUCE AND LEMON MIXTURE. THIS SAUCE CAN BE PREPARED EARLIER SO FLAVORS CAN BLEND TOGETHER. A LIGHTER SOY SAUCE WORKS BEST.