

# Fish Tempura

*The Essential Appetizers Cookbook (1999)*  
*Whitecap Books*

## **Yield: 24 appetizers**

*1 pound boneless fish*  
*1 sheet nori*  
*1 tablespoon tempura flour*  
*salt (to taste)*  
**TEMPURA BATTER**  
*1 cup iced water*  
*2 cups tempura flour*  
*oil (for deep frying)*

## **Preparation Time: 10 minutes**

### **Cook Time: 20 minutes**

Cut the fish into bite-size pieces. Set aside.

Using scissors, cut the nori into tiny squares. Combine on a plate with the tempura flour.

For the batter, quickly mix the iced water with the tempura flour. It will be slightly lumpy. If it is too thick, add more water.

Fill a heavy pan one-third full with oil. Heat to 350 degrees. The oil is ready when 1/4 teaspoon of batter dropped into the oil keeps its shape, sizzles and rises to the top. Make sure that the oil stays at the same temperature and does not get too hot. The fish should cook through.

Dip the fish in batches into the nori and flour, then in the batter. Fry until golden, then drain on crumpled paper towels.

Season with salt. Keep warm in a single layer on a baking tray in a 240 degree oven.

The fish can be served with Japanese soy sauce for dipping.

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Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	0	<b>Vitamin B6 (mg):</b>	0mg
<b>% Calories from Fat:</b>	0.0%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	0.0%	<b>Thiamin B1 (mg):</b>	0mg
<b>% Calories from Protein:</b>	0.0%	<b>Riboflavin B2 (mg):</b>	0mg
<b>Total Fat (g):</b>	0g	<b>Folacin (mcg):</b>	0mcg
<b>Saturated Fat (g):</b>	0g	<b>Niacin (mg):</b>	0mg
<b>Monounsaturated Fat (g):</b>	0g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	0g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	0mg	<b>% Refuse:</b>	0.0%
<b>Carbohydrate (g):</b>	0g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	0g	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	0g	<b>Lean Meat:</b>	0
<b>Sodium (mg):</b>	0mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	0mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	0mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	0mg	<b>Fat:</b>	0
<b>Zinc (mg):</b>	0mg	<b>Other Carbohydrates:</b>	0
<b>Vitamin C (mg):</b>	0mg		
<b>Vitamin A (i.u.):</b>	0IU		
<b>Vitamin A (r.e.):</b>	0RE		

**Nutrition Facts**

**Amount Per Serving**

**Calories** 0 **Calories from Fat:** 0

**% Daily Values\***

<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrates</b> 0g	0%
Dietary Fiber 0g	0%
<b>Protein</b> 0g	
<b>Vitamin A</b>	0%
<b>Vitamin C</b>	0%
<b>Calcium</b>	0%
<b>Iron</b>	0%

\* Percent Daily Values are based on a 2000 calorie diet.