

# THE LOADED



# LADLE TV



## INGREDIENTS

- 1 cup flour
- 1 tablespoon cornstarch
- 1 egg
- 1 cup water

Ice cubes, for chilling water

Sweet potato (or another vegetable: broccoli, pepper, etc)

### For sauce:

- 1/4 cup soy sauce
- 2 T rice wine vinegar
- 1 T sugar
- 1/2 tsp sesame oil

Water if needed.

## Veggie tempura



## DIRECTIONS



1. Prepare your sweet potato by slicing into the thickness you want.
2. Get your frying pan ready and start heating the oil. You want it to be between 340 and 360 F but if you don't have a thermometer, just remember it should be around the same temperature as oil for popping popcorn. You can also (carefully!) dip the handle of a wooden spoon or chopstick in the oil. If it steadily bubbles it is hot enough for frying. If it bubbles very vigorously, it is too hot and you can turn it down a bit.
3. Mix cornstarch into flour and set aside.
4. Beat your egg in a separate bowl. Get your cup of water nice and cold with the ice cubes and then take out the ice cubes and add the water to the beaten egg.
5. Now add the flour mixture to the egg/water mixture. Mix in but don't over mix, it should still be a little lumpy.
6. Coat the potato with the mix while it is still cold. If you aren't going to use it right away, put it in the fridge until you are ready to use.
7. Fry each piece for a few minutes until golden brown. Let it cool/drain excess oil on paper towel.
8. Combine ingredients for the dipping sauce. Dip your veggies and enjoy!