



FOUR WALL FARM GOURMET MUSHROOMS

LION'S MANE TEMPURA

This mushroom has the most amazing tender texture. It goes well with this super crispy tempura. To achieve this level of crispy, follow the batter directions and use a thermometer to monitor the oil temperature. Fry at approx. 360°F. Add some super-fresh farmer's market veggies and make this a luxurious meal. The quick frying cooks the veggies to the perfect slightly crispy and tender texture. There is an unusual ingredient here—shrimp powder. This can be found online, in an H-Mart, or in a good Hispanic market, such as Fresh. To make the dish vegetarian, you can substitute the shrimp for a seaweed powder and a little lemon juice, or another spice of your choice. —KC

INGREDIENTS

8oz Lion's Mane mushroom

Various vegetables such as broccoli onion, zucchini, and eggplant, shiso leaves, asparagus, thin sliced sweet potato, etc.

1 1/2 tsp shrimp powder

3/4 tsp creole seasoning of your choice (you can also use 1/2 tsp seasoned salt mixed with 1/4 tsp cayenne pepper)

Tempura batter

Canola oil for deep frying

FOR BATTER:

1 cup flour

3/4 cup cornstarch (or rice flour)

1/4 tsp salt

1– 1 1/2 cups ice cold seltzer

FOR DIPPING SAUCE:

2 tbsp water

2 tbsp soy sauce

1 tbsp mirin

1tbsp rice vinegar

1tsp fresh lemon juice

1 tsp fresh ginger, grated



INSTRUCTIONS:

Combine all ingredients to make dipping sauce. Divide into two small bowls.

Combine shrimp powder and creole seasoning. Slice mushroom about 1/8- 1/4 inch thick. Sprinkle both sides of slice with spice powder, set aside. Prepare other vegetables (if using). Slice veggies to the same thickness, except for sweet potato, which needs to be no more than 1/8 inch thick. Wash, then dry extremely thoroughly before slicing.

Prepare batter. Combine dry ingredients and whisk. Add ice-cold seltzer, starting with 1 cup, Stir lightly till just combined, do not beat or whisk. The texture will end up about that of pancake batter, perhaps a little thinner. Lumps are okay. If needed, add additional seltzer 1 tbsp at a time. Set aside in refrigerator for 5 minutes.

Heat oil in a pan deep enough for items to be entirely submerged. Use a thermometer to monitor temperature until it reaches at least 360°F.

Dip mushroom until entirely covered, then carefully place into oil. Veggies tend to float, so they may need to be flipped to ensure that they are thoroughly cooked on each side. Fry in multiple batches, making sure that there is room between each piece so that they don't stick together. Use a slotted spoon or ventilated frying tool to turn. Fry for approximately 45 seconds each side (You can remove from oil, test doneness with a fork, and continue frying if needed, for items such as sweet potato). The tempura will be barely browned, but will appear crisp. Drain on news-

