

Sourdough Discard Tempura Fry Batter

For coating:

- Potato (or corn) starch

For the batter:

- 1 cup sourdough discard (*225 g, preferably cold*)
- ½ cup carbonated water (*120 g, straight from the fridge*)

Directions:

- 1) **Prepare the oil.** Heat approximately two inches of oil in a cast iron skillet or Dutch oven to 375 F. The oil needs to be hotter than the desired frying temperature, as the temperature will drop rapidly when cold ingredients are added.
- 2) **Prepare the vegetables and/or meat.** Chop vegetables and/or meat to desired size for frying. Coat the vegetables lightly in starch. This will help the batter stick much better.
- 3) **Make the batter.** In a small bowl, combine the sourdough discard and carbonated water. Whisk until just combined. NOTE: DO NOT overwork the gluten by overmixing, which can affect the final texture/crispiness.
- 4) **Dip and fry.** Dip the prepared vegetables and/or meat into the batter and immediately drop into the frying oil. It is best to dip and drop each vegetable slice or piece of meat individually, as it is essential the pieces do not stick together. Maintain an oil temperature of about 350 F. Flip each piece halfway through frying. Fry until lightly golden and crispy, 1-3 minutes (depending on what is being fried). NOTE: Since starch is included, the batter may not deeply brown. Pull the vegetables and/or meat when they are finished cooking.
- 5) **Drain and season.** Transfer the fried vegetables/meat to a wire rack to drain. Season to preference. TIP: Use fine, not coarse, seasoning, as it will stick much better.
- 6) **Enjoy!**
- 7) **How to store:** I highly recommend eating anything made with tempura fry batter fresh. It will never be as good reheated as it is fresh. If you must store, cool completely before sealing in a ziploc bag and placing in the refrigerator for three to five days.

To reheat: From the refrigerator, air fry at 400 F until warmed through and crispy, three to five minutes.

Notes:

- Prepare everything before making the batter. Use the batter immediately after mixing. The carbonation bubbles from the water are important to getting the crispiest tempura.
- Keep the batter ingredients cold and do not overmix. Use sourdough discard and carbonated water from the fridge. This will help prevent the overdevelopment of gluten and give a crispier tempura.
- Some tempura batters include egg. When testing this side-by-side, I did not find the egg necessary. In fact, the batter without the egg was crispier. If you choose, you can add one egg to the batter (no need to adjust the other ingredients).