Mrs Parker’s Group
Tempura Salsify

Season: Winter
Type: Vegetable
Difficulty: Medium
Serves: 8 or 20 tastes
From the garden: salsify, egg

What to do:
• First, make the dipping sauce.
• Put all the ingredients into a small saucepan, place over a low heat and stir until the sugar dissolves.
• Now raise the heat a little, bring up to a simmer and cook until reduced and syrupy, about five minutes.
• Pour into a small bowl and set to one side until you are ready to serve.
• Fill a medium-large saucepan with water, bring to a boil and cook the salsify for five minutes.
• Drain, refresh in cold water, then rub off the skins and cut the salsify into 4cm pieces.

Ingredients:
6 salsify roots

For the batter
125g plain flour
½ tsp sea salt
1 egg yolk
175ml ice-cold sparkling water

Sauce
2 medium red chillies, deseeded, membrane and seeds removed, and finely diced
1 large garlic clove, grated
2 tablespoons caster sugar
100ml cider vinegar
2 tablespoons water

Equipment:
Saucepan, medium
Saucepan, small
Knives
Chopping boards
Bowl
Whisk
Scales
tongs
- Whisk the ingredients for the batter - don’t worry if it turns out a bit lumpy.
- Heat the oil in a saucepan.
- Dip the salsify in the batter and deep-fry a few pieces at a time until crisp and golden.
- Sprinkle with salt and serve with the dipping sauce.