

Tempura Battered Fluke Bao with a Shiro Shoyu dressed Wakame Salad and a Yuzu Kosho Mayonnaise

Tempura Batter:

Ingredients

1 C All Purpose Flour

1 C Ice Water

1 T Cornstarch

1 EA Egg

Method of Preparation:

1. Fill a quart measuring cup with ice and top off with water, set aside till later.
2. Set a fryer to 350 F (177 C) and make sure it stays at that temperature to make sure the Batter fries to be clear or pale in color.
3. Mix the flour and Cornstarch together and sift ingredients to lighten them up, mix, and to take out any clumps or impurities.
4. Mix your egg to almost combine it with a fork or tongs (do not use a whisk as you will incorporate air)
5. Add 1 C of strained ice water to the egg and mix it slightly to combine, do not over mix as it will affect the batter.
6. Add the flour and mix together gently, making sure not to over mix. Lumps are fine as long as the Batter is mostly incorporated. Use this Batter in a timely manner as the ice water does help to keep the batter light and airy. If you need to refrigerate the Batter you can but it is not meant to be held for long.
7. Dip each item in the Batter and let it drip off into the bowl. When putting the item into the fryer make sure to slowly add it and gently swirl it around before dropping it completely into the fryer

Yuzu Kosho Mayonnaise:

Ingredients:

½ C Mayonnaise (recipe to follow)

1 T Yuzu kosho (red)

¼ EA Meyer Lemon, Zest

1 T Meyer Lemon Juice

Method of Preparation:

1. Add your Yuzu Kosho to your Mayonnaise and mix it together to combine.
2. Add the lemon juice and zest, season to taste. Making sure the yuzu kosho isn't too spicy and that it is well balanced between spice and citrus flavors while making sure it is not overpowering to any ingredients that are mild in flavor.

Mayonnaise:

Ingredients:

1 EA Egg Yolk

¼ tsp Kosher Salt

1 tsp Rice Vinegar

½ C Vegetable Oil

Method of Preparation:

1. Beat the egg yolks with a whisk in a bowl, add the salt, rice vinegar.
2. gradually add the oil making sure it gets emulsified, making sure the mayonnaise does not separate. Taste and season with more salt if needed and white pepper (black pepper can be used but white pepper will blend in with the mayonnaise's color itself).

Shiro Shoyu:

Ingredients:

½ C Meyer Lemon Juice
½ C Olive Oil
¼ C Shiro Shoyu (White Soy)
¼ C Minced Shallot
1 tsp. Dijon Mustard
2 tsp Meyer Lemon Zest
TT Kosher Salt
TT Freshly Ground Black Pepper

Method of Preparation:

1. Add all ingredients but the oil and salt into a blender and get it going to make sure it all becomes incorporated and a consistent texture.
2. With the blender going slowly add your oil into the blender to make sure it stays emulsified and doesn't break but make sure it doesn't get too hot as the oil will become bitter and has a higher chance of separating.
3. Once you have added all the ingredients, taste and season the dressing, making sure you can taste the soy and lemon itself.

Assembly:

1. Steam your Bao for 8 minutes, making sure it is soft like a cloud and has some sheen to it.
2. Fry off the fish in small batches to preserve the crisp layer that the Tempura is known for, once pulled from the fryer sprinkle lightly with Togarashi spice and salt.
3. Mix the Wakame salad and vinaigrette together and season to taste.
4. Assemble the Bao "taco" with the Wakame on the bottom of the inside with the fish on top to preserve the crisp layer, top with the yuzu kosho Mayonnaise, and garnish with scallion curls.