



TEMPURA PRAWNS WITH MISO-MARINATED GRILLED PINEAPPLE

Tempura prawns

To make the tempura batter, mix the dry ingredients in a bowl. Slowly add sparkling water and whisk until the batter is smooth and the consistency of double-thick cream. Dip prawns into the batter before deep-frying for 8 to 10 minutes or until golden brown.

100 g cornflour
150 g cake wheat flour
10 ml baking powder
sparkling water
16 prawns
oil for deep-frying

Miso-marinated grilled pineapple

Mix miso paste, juice and soya sauce. Add water if desired to temper the flavour. Coat pineapple well with miso marinade and chill in the fridge for 10 minutes. Heat a grill pan and grill pineapple on all sides, or grill it over an open fire for a smoky flavour. Do not overcook the pineapple; it should still have a firm texture

7,5 ml miso paste
30 ml pineapple juice
15 ml soya sauce
1 pineapple, peeled and cut into preferred shape and size

Serves 4

ASIAN SALAD WITH PONZU DRESSING

Give cabbage a light sprinkle with fine salt, mix it through and place it in the fridge for 30 minutes. Wash off the salt and combine cabbage with the rest of the ingredients in a bowl. Drizzle with ponzu dressing and toss to coat.

¼ red cabbage head, finely sliced
fine salt
1 carrot, ribboned
bunch of rocket
2 spring onions, finely sliced
handful of coriander leaves
handful of basil leaves
handful of mint leaves
handful of cashew nuts, toasted
5 ml sesame seeds, toasted

Ponzu dressing

Pour citrus juices and soya sauce into a bowl, then slowly whisk in olive oil. The recipe makes about 700 ml dressing; it will keep for a few days.

100 ml orange juice
50 ml lemon juice
300 ml lime juice
200 ml soya sauce
50 ml olive oil

Serves 2