

CRISPY FRIED TEMPURA COD OVER NAPA CABBAGE SLAW WITH GREEN ONION GINGER SAUCE

Yield: 6 portions, portion size: 1 fish fillet, ½ cup (125 mL) slaw

Ingredients	Amounts
<i>Napa Cabbage slaw</i>	
Japanese mustard	2 Tbsp. (30 mL)
Rice wine vinegar	2 Tbsp. (30 mL)
Canola oil	¾ cup (175 mL)
Orange juice	2 Tbsp. (30 mL)
Sesame seeds, toasted	1 tsp. (5 mL)
Napa cabbage, shredded	4 cups (1 L)
Red bell pepper, thinly julienned	1 cup (250 mL)
Green onion, thinly julienned	½ cup (125 mL)
Chives, chopped	2 Tbsp. (30 mL)
Parsley leaves, minced	2 Tbsp. (30 mL)
Orange segments	½ cup (125 mL)
Salt	½ tsp. (2 mL)
Pepper	¼ tsp. (1 mL)
<i>Tempura batter</i>	
All-purpose flour	1 2/3 cups (400 mL)
Cornstarch	1½ cup (375 mL)
Water, sparkling	2 cups (500 mL)
Parsley or chives	¼ cup (60 mL)
<i>Fish</i>	
Cod, halibut, or snapper, cut into gougenet or strips, 2 oz. each	12 ea.
Canola oil, for frying	2-4 cups (500 mL-1L)
Green Onion Ginger Sauce (recipe follows)	

Method

1. For slaw: In blender, process mustard, vinegar, orange juice and toasted sesame seeds until smooth; slowly add canola oil a little at a time until well emulsified.
2. In bowl, combine cabbage, bell pepper, green onions, chives, and parsley and toss with dressing. Let coleslaw set 1 hour in refrigerator before using.
3. When ready to serve, gently fold orange segments into coleslaw and season with salt and pepper.

4. For tempura batter: In bowl, combine flour, cornstarch, water and parsley; keep cold until ready to use.
5. In deep saucepan, heat canola oil to 350 °F (180 °C). Dip each piece of fish in batter and fry until golden and crispy, about 6 minutes. Serve with Napa Cabbage Coleslaw and Green Onion Ginger Sauce.

Yield: 6 servings. Serving size: 1 fish fillets, 1/2 cup (125 mL) slaw.

GREEN ONION GINGER SAUCE

Yield: 2 ¾ cups (675 mL), portion size: 2 Tbsp. (30 mL)

Ingredients	Amounts
Green onion, lightly blanched	2 bu.
Rice wine vinegar	2 Tbsp. (30 mL)
Lemon juice	1 Tbsp. (15 mL)
Shallots, minced	2 Tbsp. (30 mL)
Ginger, peeled and minced	3 Tbsp. (45 mL)
Sugar	½ tsp. (2 mL)
Salt	½ tsp. (2 mL)
Pepper, freshly cracked	¼ tsp. (1 mL)
Canola oil	1 cup (250 mL)
Sesame oil	1 tsp. (4 mL)

Method

In saucepan, blanch green onions in salted boiling water. Drain well and place in blender. Add vinegar, lemon juice, shallots, ginger and sugar; blend until smooth. Slowly add canola oil until ingredients are well emulsified and season with salt and pepper.

Yield: 2 ¾ cups (675 mL). Serving size: 2 Tbsp (30 mL).