

TEMPURA HERRING ROE SALAD

SERVES 1

INGREDIENTS

Sunflower oil, for deep-frying
2 cups plain flour
1 cup cornflour
1 tbsp baking powder
150ml sparkling water
4–5 ice cubes
100g herring roe
Squeeze lemon juice
2 handfuls rocket leaves, to serve



- Preheat the sunflower oil to 180°C/350°F in a large pan or deep-fat fryer.
- Whisk together 1 cup plain flour with the cornflour, baking powder, sparkling water and ice cubes until the batter reaches the consistency of double cream. Don't worry if the ice cubes retain their shape. Set aside.
- Spread out the remaining plain flour and plenty of sea salt in a shallow dish, then coat lumps of the herring roe thoroughly in the mixture.
- Dip the herring roe into the batter, ensuring they are fully covered, and deep-fry until they start to colour and float to the surface. Cook for a further 1–2 minutes, then remove with chopsticks or tongs and place on a piece of kitchen paper to absorb the excess oil.
- Season with a squeeze of lemon, and a little sea salt and freshly ground pepper. Serve immediately with freshly dressed rocket leaves.