

Maine Arts Camp

Recipe: Baked Vegetable Tempura

Chef: Charlie Limoggio CEC

Servings:

Quantity	Unit	Ingredient	Prep Notes
2	Cups	Panko bread crumbs	
	To taste	Kosher salt	
2	Large	Eggs	
1	Cup	Broccoli florets	
1	Cup	Cauliflower florets	
1	Medium	Sweet potato	¼ inch slices
1	Small	Squash, zucchini or summer	¼ inch slices
1	Medium	Onion	Sliced 1 inch thick and separated into rings
10	Fresh	Green beans	Trimmed
½	Cup	Soy sauce	
¼	Cup	Water	
2	Tablespoons	Rice vinegar	
2	Teaspoons	Sugar	
2	Stems	Green onions	

1. Preheat oven to 450 degrees F (230 degrees C). Grease a large baking sheet.
2. Combine panko and salt together in a shallow bowl. Whisk eggs in a separate small bowl. Combine broccoli, cauliflower, sweet potato, winter squash, onion, and green beans together in a large bowl; add flour and toss to coat evenly.
3. Shake excess flour from each vegetable piece, dip into beaten egg and press into panko mixture. Gently toss between your hands so any panko crumbs that haven't stuck can fall away. Place vegetables onto prepared baking sheet; do not stack.
4. Bake in the preheated oven until golden brown, turning occasionally, 10 to 15 minutes.
5. Stir soy sauce, water, rice vinegar, and sugar together in a saucepan over medium heat until hot, 1 to 2 minutes. Remove from heat and add green onion. Serve sauce alongside vegetables.

Please note: Volume and weight are not interchangeable. If the recipes calls for ounces, the ingredient is to be weighed. If it says fluid ounces, then it is by volume and is to be measured in cups, ½ cups etc.