

KURTZ ORCHARDS

well flavoured



Green Bean Tempura

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Green Bean Tempura

flavoured with Kurtz Sun-Dried Tomato Tapenade

Ingredients

peanut or canola oil for frying
3/4 cup (160 mL) rice flour
1/4 cup (60 mL) corn starch
1/2 teaspoon (2.5 mL) salt
pinch of baking soda
1 egg yolk
1 cup (250 mL) ice cold sparkling water
1 lb (.45 kg) green beans, trimmed

Kurtz Sun-Dried Tomato Tapenade

Method

Heat the oil to 375F (190c) in a deep fryer. Mix the flour, corn starch, salt and baking soda in a bowl, whisk well to combine. When the oil is hot - and not before - whisk the egg yolk and the sparkling water together, then pour it into the bowl of dry ingredients and mix well.

Working quickly, dip the beans into the thin batter. Shake off a bit and drop it into the oil. Do this in batches so the oil temperature does not drop too far and you don't overcrowd the fryer. Fry for 1- 2 minutes, or until the tempura batter is beginning to brown. Drain on paper towels. Rapidly cook the remaining batches. Serve with a side of **Kurtz Sun-Dried Tomato Tapenade**.

The Kurtz family focus on offering uniquely made farm to table food solutions and introduce customers to an abundance of rich, authentic country flavours from the ground up; jam, jelly, spreads, butters, sauces, dips and dressings of guaranteed origin and quality.

Visit the website for more recipes.

www.kurtzorchards.com

Kurtz Orchards Farm and Gourmet Marketplace

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Kurtz Culinary Food Shops

- 38-40 Queen St, P O Box 457, Niagara-on-the-Lake, ON, CANADA, L0S 1J0 905-468-3815
- Bayview Village, 2901 Bayview Ave, Toronto, ON, CANADA, M2K 1E6, 416-250-1811
- South-east corner of Ocean Ave and San Carlos, Carmel-by-the-Sea, CA, USA, 93921, 831-625-5267