

## Vegetable Tempura

Tempura	Dipping Sauce
1 small butternut squash or sweet potato, peeled	3 tbsp tamari or soy sauce
2 medium courgettes	4 tsp maple syrup
1 medium aubergine	1 tsp toasted sesame oil
3 tbsp / 45 ml of fridge-cold, reduced aquafaba*	1 tbsp rice wine vinegar
240 ml of fridge-cold sparkling water	1 spring onion, sliced thinly
1 tsp baking soda	
2 tbsp cornflour	
1½ cup low protein flour mix (Loprofin Baking Mix)	
about 20 ice cubes	
about 2 cups of sunflower or vegetable oil	

\*Aquafaba is the brine left over from a tin of chick peas. For this recipe, it should resemble egg white in consistency. The aquafaba from the tin might need to be concentrated by reducing it by simmering it on a low heat. The aquafaba must be cold for this recipe, so refrigerate before using.

- Cut the vegetables into ½ cm wide matchsticks.
- Spread some flour on a large plate to coat the vegetables in later. Prepare two glass or metal bowls. One should be a bit larger than the other so that you could nest the smaller bowl inside the larger one.
- In a separate bowl, combine sifted low protein flour and baking soda.
- In another bowl, combine all dipping sauce ingredients and set aside until later.
- Pour oil into a small pot and set it on the stove on a medium heat. Allow it to come to temperature (170-180°) while you prepare the batter.
- Place ice cubes at the bottom of the large bowl. Rest smaller bowl on top of the ice cubes. Put cold aquafaba into the small bowl and whisk it with a hand whisk until frothy. Add fridge cold sparkling water to the aquafaba, then mix in flour mixture with a hand whisk to achieve a runny (crepe-like) batter. Be very careful not to over mix the batter or else it will become heavy.
- Drag each piece of vegetable in a little flour first and then immerse it in cold batter.
- Once the oil comes to temperature, test it by dropping a piece of tempura in it. If the tempura drops to the bottom but comes up right after that, the oil is at the correct temperature. If the vegetables do not drop to the bottom at all, the oil is too hot. Depending on the size of your pot and vegetables, fry 2-3 pieces at a time. It is important not to overcrowd the pan or else you'll end up with greasy tempura.
- Cook tempura for 1-2 minutes (depending on thickness and hardness of the vegetables – courgette cooks quicker than butternut squash, for example) and then turn and cook for another 1-2 minutes – until both sides are lightly browned. Once they achieve the desired colour, fish them out with a slotted spoon and place them on a piece of paper towel to drain any excess oil.
- Serve straight after frying with a dipping sauce on the side.

Recipe from [lazycatkitchen.com](http://lazycatkitchen.com)

### Vegetable Fried Rice

3 cups cooked and chilled low protein rice.
2 tbsp sunflower oil
1 cup diced carrots
1 cup chopped white onion
4 cloves garlic
1 tbsp peeled and minced fresh ginger
1.5 cups of small diced broccoli florets
¾ cup small diced red pepper
200ml aquafaba (approximately 2 tin's worth)
3 tbsp soy sauce, to taste
1 tbsp sesame oil

- Heat oil in a large non-stick wok over medium-high heat. Add carrots, onions, garlic and ginger and sauté for 3 minutes.
- Add broccoli and bell pepper and sauté until veggies are soft, about 3-4 minutes. Move veggies over to one side of the pan, add aquafaba and cook until it scrambles.
- Stir in rice, soy sauce, and sesame oil. Cook and toss for 2 minutes, and serve.

Recipe from [cookingclassy.com](https://cookingclassy.com)

### Garlic Aioli

3 tbsp aquafaba
1 tbsp apple cider vinegar
½ tsp Dijon mustard
½ tsp salt
236 ml vegetable oil
1 tsp lemon juice
2 cloves garlic, minced

- Add aquafaba, vinegar, mustard and salt to a bowl and blitz for a second with a hand held blender so that everything is combined.
- Keep the hand held blender running constantly and very slowly drizzle in the oil, making sure that it is fully combined as you go. Adding it too fast will turn the mixture very liquidy and isn't redeemable. If the oil is sitting on top, blend it in without adding in extra oil until it is mixed in.
- Once all of the oil has been added and is thoroughly mixed, the mixture will thicken. Add the garlic and lemon juice and mix thoroughly.
- Store in the fridge for up to 7 days in a sealed container. Best eaten on 2<sup>nd</sup> day

Recipe from [laurencariscooks.com](https://laurencariscooks.com)

### Baked Onion Rings

1/2 onion medium to large
1/2 cup aquafaba
2 Tbsp Low Protein flour
1/2 cup Low protein bread crumbs
1 tsp garlic minced or 1/2 tsp garlic powder
1 tsp parsley flakes dried

- Whisk together the aquafaba and chickpea flour until it is a pasty batter.
- Combine the breadcrumbs and seasonings well.
- Cut the onion into 1/4 inch thick slices, and then separate the rings.
- Dip each ring into the batter and shake off excess coating.
- Toss the ring in the breadcrumb mixture until well coated.
- Gently place on a parchment or silicon lined baking sheet, or the air fryer pan.
- Bake at 375 degrees for 20-30 minutes (watch closely in the final 10 minutes to ensure they don't burn). Adjust temperature and time for air fryer accordingly (all are a little different).

Recipe from [plantbasedrecipe.com](https://plantbasedrecipe.com)

### Peach Gelato

1 cup minus 1 tsp caster sugar
½ cup plus 1 tbsp water
3 large peaches
1 tbsp lemon juice
1 tbsp aquafaba
1 tbsp sugar
Pinch of cream of tartar

- In a small heavy saucepan, heat sugar and water, stirring until sugar is dissolved.
- Remove from heat and allow to cool
- Peel and pit the peaches, and place them in a blender. Puree until smooth.
- Place the peach puree into a bowl and add the lemon juice and cooled sugar syrup. Chill until cold.
- In a separate small bowl, place the aquafaba along with the sugar and cream of tartar. Beat until frothy. Gently fold in the peach mixture.
- Freeze using ice cream maker. Freeze according to instructions for the machine.

Recipe from [cookingbylaptop.com](https://cookingbylaptop.com)