

Crispy Lotus Root Slices Recipe

(Taiwanese Recipes)

Ingredients: Serves 4

300g lotus root
6 bird's eye chilies (diced)
1 tablespoon chopped garlic
1 tablespoon scallions
1 tablespoon chopped red chilies
1 tablespoon chopped continental parsley
1 teaspoon salt
30g crispy mix flour

Pepper Salt: (mix well)

½ tablespoon fine salt
1 teaspoon pepper
1 teaspoon five spices powder

Method:

Wash the lotus root and cut into thin slices. Blanch into boiling water for 5 minutes. Remove and drained. Keep aside. Mix the lotus root slices with crispy mix flour and salt until well combined. Deep-fry in hot oil until golden in color and crispy. Remove and drain well. Leave 1 tablespoon oil in the preheated wok to sauté chopped garlic, chopped scallions and chopped red chilies until fragrant. Add in pre-fried lotus root slices, stirring constantly for a while. Lastly, mix with pepper salt mixture, stir-fry until well combined. Dish up and serve immediately.

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