

Spiced Cabbage and Onion Tempura

Equipment

Saucepan

Whisk or chopsticks

Ingredients

¼ head green cabbage

1 yellow onion

avocado oil or vegetable oil, for deep-frying

½ cup all-purpose flour, sifted

½ cup cornstarch or potato starch

1 cup sparkling water or club soda, chilled

1 tsp whole fennel seeds

1 tsp whole coriander seeds

½ tsp whole cumin seeds

½ tsp paprika

½ tsp garlic powder

½ tsp kosher salt

1 lemon

Instructions

1. **Cut the cabbage and onions.** Peel and slice the onion into rings ¼ inch thick. For the cabbage, start by cutting away the cabbage core and separating the leaves. They can look rustic and can be in different sizes. Cut small enough to fit in your frying pot.

2. Arrange a double layer of paper towels on a baking sheet and set it near the stove. Once the vegetables are frying, you'll want it handy. Pour 1-inch of oil into a small saucepan pot, ensuring at least 3 inches of headroom in the pan. Slowly bring the oil up to 375 or place a small drop of batter into the oil to see if it bubbles rapidly, then it's ready for frying.
3. While the oil heats up, make the seasoning mix. Add the fennel, cumin, coriander seeds, paprika, garlic powder, and salt in a spice grinder or mortar and pestle. Mix until most whole seeds are thoroughly ground. It's ok if there are some chunks left. Set spice mix aside in a small bowl.
4. When the oil is ready, whisk together the flour, cornstarch, and sparkling water. Be careful to not over mix the batter.
5. Starting with onions first, dip each ring into the batter and let the excess drip off in a thin layer. Carefully submerge the vegetable into the oil. Don't overcrowd the pan. Fry until the coating is puffed and very light golden brown. Transfer to the paper towels to drain and immediately season with the spice mix and continue frying the cabbage next.
6. Serve immediately, while hot, with a squeeze of lemon, and enjoy.