



JERNEJ KITCHEN

TEMPURA RICE BALLS WITH MACKEREL AND PEANUT SAUCE

Crunchy, slightly spicy but tender and soft inside.

MAKES 12 RICE BALLS
PREPARATION: 30 MINUTES

TEMPURA

45 g all-purpose flour

100 ml ice cold water

RICE BALLS WITH MACKEREL

250 g cooked rice

125 g Delamaris Izola brand
Mackerel with vegetables

1 onion, peeled and diced

1 chili, chopped

zest of one lemon and juice of 1/2
lemon

1 tbsp soy sauce

1/2 tsp freshly grated ginger

1/2 tsp garam masala (optional)

1 tsp ground turmeric

1 handful of coriander

1 litre vegetable oil

PEANUT SAUCE

70 g peanut butter

30 g sweet chili sauce

juice of 1/2 lime

1/2 tsp freshly grated ginger

70 ml water

MAKE TEMPURA

In a small bowl combine all-purpose flour and water. This is our tempura batter. Place in the fridge until needed.

TIP

Using tempura batter will make the rice balls less oily and more crunchy.

PREPARE THE RICE BALLS MIXTURE

In a large bowl combine together cooked rice, Delamaris Izola brand Mackerel with vegetables (1 can), diced onion, chopped chili, lime zest, lime juice, soy sauce, ginger, garam masala, turmeric and chopped coriander.

RICE BALLS

Dampen hands and roll rice mixture into a ball (size of a golf ball). This mixture will make 12 rice balls. Transfer each ball on prepared tray. Meanwhile place a heavy-bottomed saucepan over high heat. Add the vegetable oil. Heat the oil to 170 - 175°C / 340 °F - 350 °F.

PEANUT SAUCE

To make the peanut sauce, simply blend ingredients together to get a lovely, glossy sauce. Pour into a small bowl and store in the fridge.

DEEP FRY

Take your tempura out of the fridge and stir it. Dip each rice ball into the tempura, so that it's evenly, lightly coated. Immediately fry the rice balls for about 3 minutes, turning as needed to ensure the crunchiness.

SERVE

Serve the Tempura Rice Balls with Mackerel on a metal skewer

TOOLS AND EQUIPEMENT

bowl

large bowl

heavy-bottomed saucepan

skewer

tray

Sponsored or on a serving plate. Pour the peanut sauce into a serving bowl and serve with the balls. Or you can also serve these Tempura Rice Balls with Mackerel with seasonal, fresh salad or hollandaise sauce.

STORE

Store the shaped rice balls (before dipping in tempura or frying) in a ziplock back and seal tightly. Freeze for up to 3 months. Then remove from the freezer, dip in tempura and fry. Or you can store the tempura fried rice balls in a fridge for up to 3 days. Store the peanut sauce in a airtight container for up to a week in a fridge.