



# Vodka Tempura Fried Brussels Sprouts with Lemongrass Aioli Sauce

**Servings**

6

**Calories**

410

**Prep Time**

25 minutes

**Total Time**

1 hour

**Skill Level**

Medium

## Ingredients

### For Lemongrass Aioli

- 1 Lemongrass Stalk, cut into smaller pieces
- 8 tablespoons Peanut Oil
- 1 Large Egg Yolk
- 2 Cloves Garlic, chopped
- 1 teaspoons sriracha sauce
- 2 teaspoon fresh chopped cilantro
- 1 teaspoon sugar
- Zest of ½ Lime
- 1 tablespoon lime juice
- ½ teaspoon sea salt

### For Tempura Brussels Sprouts

- 5 ounces unbleached cake flour
- 5 ounces white rice flour
- 1 quart canola oil
- 1 large egg, beaten
- 1 ½ cups cold seltzer water
- ½ cup vodka
- 1 (12 ounce) bag Mann's Brussel Sprouts
- Kosher salt, to taste



## The Method

### For Lemongrass Aioli

Bruise the lemongrass stalk with cleaver, meat mallet or in a mortar and pestle until the pieces starting to come apart, then add warmed peanut oil.



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Let the oil infuse with the lemongrass for about 20 minutes. Once the oil is infused, strain it using a fine-mesh sieve into a measuring jug. Place all the other ingredients into the blender and start on medium. The slowly drizzle the infused oil into the blender. Blend until you have achieved a thick, velvety aioli and recheck the salt. Set sauce aside.

## For Tempura Brussels Sprouts

Steam Mann™ Brussels Sprouts according to directions. Allow to cool and aside.

Whisk the cake flour and rice flour together in a medium glass bowl and divide it in half. Set aside.

In a 5-quart Dutch oven, heat the vegetable oil over high heat until it reaches 375°F on a deep-fry thermometer.

Once the temperature reaches 365°F, in a medium mixing bowl, whisk the egg, seltzer water and vodka, and then divide it in half. Put half of the mixture in the refrigerator to reserve. Pour half of the liquid mixture into half of the dry mixture and whisk to combine, about 10 to 15 seconds. Some lumps may remain. Set the glass bowl in a larger bowl lined with ice.

Dip whole Mann™ Brussels Sprouts into the batter using tongs or chopsticks, drain for 2 to 3 seconds over the bowl, and then add to the hot oil. Adjust the heat to maintain 375°F. Fry 6 to 8 pieces, at a time, until puffy and very light golden, about 1 to 2 minutes. Remove to a cooling rack lined with three layers of paper towels set over a half sheet pan. Sprinkle with salt, to taste.

Repeat the same dipping and frying procedure with and serve immediately.

Serves 4-6 and serve with lemongrass aioli for dipping

## Nutrition Facts

Serving Size 238g | Servings: 6

### Amount Per Serving

Calories 410 | Total Fat 18.0g (sat fat 2g trans 0g) | Cholesterol 60mg | Sodium 270mg | Total Carbohydrate 46g | Dietary Fiber 4g | Sugars 2g (Includes 0g Added Sugars) | Protein 9g | Vitamin D 6% | Calcium 4% | Iron 15% | Potassium 8%