

Simple, Healthy and Delicious Japanese Home Cooking. By a Busy Working Mom

Nanban-Style Fried Salmon

鮭の簡単南蛮漬け

Renkon is the root portion of the lotus plant and, even though it is not well known in the West, is a very popular vegetable in Asian countries. **The vegetables are fried without batter, so they are light and crispy.** It is a great alternative to fried potatoes. Kids love eating renkon and it is also a great appetizer!

Ingredients (Serves 4)

- 2 slices of salmon
- 1 pack of renkon
- 1 pack of shishito
- 1 cup of ponzu
- Takanotsume (red pepper)
- Katakuriko (potato starch) for dusting
- Vegetable oil for deep frying

Preparation

1. Mix ponzu and red pepper in a tray.
2. Dust salmon with katakuriko.
3. Slice the renkon.
4. Heat vegetable oil in a skillet and fry the renkon and shishito in the tray.
5. Fry the salmon.
6. Marinate the fried vegetables and salmon for at least 20 min in a tray.

✓ Masami's tip!

You can substitute the salmon with any seafood or even chicken, along with any green vegetables of your choice.

Recipe by Masami Iwase-Watanabe

