

Fluffy Ebi Dumplings with Deep-fried Burdock Noodles 海老のぶぶあられ揚げ 銀餡かけ



This is one of the typical Kyoto food. Bubu means tea in Kyoto dialect and Bubu Are are small rice crackers made from glutinous rice for scattering in Chazuke (rice bowl with hot tea). Bubu Are are loved by their rich rice-taste and crunchy texture. That is sometimes multi coloured and used not only for Chazuke also batter for Tempura and garnish for clear soups and salads.

Supplier in Singapore: Nihon Ichiban <https://anything-from-japan.com/bubu-arare-salted-500g>

The mixture of the prawn balls are mixed with Hanpen that is a traditional Japanese fish cake made from pollock (white fish) and Kombu dashi with grated yam. Hanpen has a fluffy and spongy texture and great taste, that is why this prawn dumplings are so light and tasty. We can expect great nutritious effect from this dish because Hanpen is low in fat but high in protein and calcium.

<Ingredients (8 balls)>

8 Medium black tiger prawns (head off)(app. 150g)

1 Tbsp Sake

1 Hanpen (processed fish cake)(100g)

1/4 Yellow onion

1/2 tsp Saikyo Miso

1 Tbsp Kinmemai Rice flour Pancake Mix

50g Bubu Arare (rice crackers)

Burdock

Vegetable oil

Wasabi paste (option)

<Clear Dashi Sauce (Gin An 銀餡)>

200ml Kelp & Katsuobushi Dashi stock

1 Tbsp Light colour soya sauce

1 Tbsp Mirin

1 Tbsp Sake

1 Tbsp Raw sugar

2 tsp Ginger juice

1 tsp Kuzu flour/Potato starch

2 Tbsp Water (for dissolving Kuzu flour)

<Method>

1. Prepare the fillings

Onion: peel and mince finely

Prawns: remove the shells and guts. Gently take the tails off and put in a bowl. Drizzle over the sake and set aside for 15 minutes. Mince roughly using a knife.

Burdock: scrape the skin off and shave into ribbon shapes using a peeler. Soak into water for 5 minutes and strain.

2. Make the dumplings

Tear the Hanpen with hands and put all into a bowl. Add the prawns, onion, Saikyo Miso and rice flour, and combine well until the mixture is sticky. Divide into 8 and make ball shapes.

Coat with Bubu Arare over.

3. Make the sauce

Put Dashi stock, soya sauce, mirin, sake, sugar and ginger juice in a sauce pot and bring it to the boil. Boil for 1-2 minutes or until alcohol evaporate. Remove from the heat and pour the kuzu/potato starch mixture and immediately bring it back to the heat and cook stirring until thick.

4. Deep-fry

Heat the oil in a deep-frying pan until 160C. To check that the oil is ready, drop in a small piece of mixture. If it sinks until the bottom and then slowly floats to the surface, it means the oil is ready.

Cook the dumplings for 5 minutes or until nicely golden colour. Bring the oil to 180C and plunge the burdock and cook until crispy.

Place the burdock into a serving bowl and lay the dumplings. Gently pour over the sauce and serve immediately with wasabi paste if you like.