



Feb. 10, Fri. 2017

Rika's TOKYO CUISINE

"Tatsuta-age" Deep-fried Mackerel



Seafood

Difficulty



Ingredients (Serves 2)

1 mackerel, filleted
Marinade for mackerel:
1 tbsp soy sauce
1 tbsp grated ginger

300 g parboiled bamboo shoot
Marinade for bamboo shoot:
1 tbsp soy sauce
1 tbsp grated ginger
potato starch

powdered *aonori*
Bhutanese *sansho* pepper
French coarse salt

Directions



1. Cut the bamboo shoot in half, then cut into slices 7 mm thick and gently rinse with water.



2. Carefully remove the pinbones from the mackerel.



3. Cut the mackerel into slices 5 cm wide.



4. Prepare two bowls, and place 1 tbsp each of soy sauce and grated ginger into each. Additionally, put the bamboo shoot into one of the bowls, and the sliced mackerel into the other bowl. Toss each to coat and let rest for 10 min.



5. Coat the bamboo shoot in plenty of potato starch, then deep-fry at 170°C for about 2 min.



6. Coat the mackerel with potato starch, pressing it on to make sure it is coated, and deep-fry for about 4 min, or until the entire surface is golden brown.



7. Arrange the bamboo shoots and mackerel **tatsuta-age** on a serving plate, and sprinkle the bamboo shoots with powdered **aonori**.



8. Sprinkle the **tatsuta-age** with a mixture of **sansho** pepper and coarse salt.

Tips

The secret to **tatsuta-age** is to coat the mackerel with plenty of potato starch, then fry it immediately. Additionally, if you fry it with the skin side down, you can prevent the fish from curling up as it fries.



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