KIKKOMAN

Gjørs med grønnsakstrimler i asiatisk saus

INGREDIENSER

4 porsjoner

300 g	ferskvannsfisk, f.eks. gjørs
1	sjalottløk
5 stykke	shiitake sopp
0,25 stykke	rød og gul paprika
2,5 dl	fiskebuljong -dashi
2 ss	Kikkoman Naturlig Brygget Soyasaus
4,5 ts	hvitvin (nydelig)
1,5 ts	sukker
3 ts	potetmel, oppløst i 3 ts vann
5	gressløkstilker
Dessuten	
	hvetemel
	olje til fritering

TILBEREDNING

Steg 1

Start with the sauce: slice thinly red pepper, mushrooms and onion. Preheat oil in a pan and fry onion, pepper and mushrooms for a moment.

Steg 2

Add fish stock or dashi, sake, Kikkoman Naturally Brewed Soy Sauce, wine and sugar and bring to the boil. Thicken with the potato starch mixture and add chives at the end.

Steg 3

Chop the fish into bite-sized pieces. Sprinkle with flour and deep fry at 180°C. Put fish pieces on small plates and pour sauce with vegetables on the top.