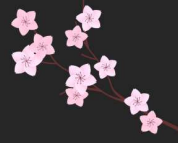




Cook / Local Japan



Today's recipe "Imo-furai"

Deep fried skewered potatoes with crispy breadcrumbs. It is a popular local dish in the southwestern part of Tochigi prefecture and is sometimes eaten as a snack.

>> Serves: 2

>> 5 mins to prepare and 20 mins to cook

↓ Regular supermarket(R), Japanese grocery store(J)

Available at		① Ingredients & Preparation		
<input type="checkbox"/>		for boiling	water	
<input type="checkbox"/>	R	300g	potato	cut into large bite-sized pieces

<input type="checkbox"/>	R	enough to deep fry	oil	
<input type="checkbox"/>	R	50g	flour	
<input type="checkbox"/>	R	1	egg	beaten
<input type="checkbox"/>	R	30ml	milk	
<input type="checkbox"/>	R J	70g	panko (breadcrumbs)	

<input type="checkbox"/>	R J	2tbsp	Worcestershire sauce	Preferably from a Japanese manufacturer because it tastes a little different.
<input type="checkbox"/>	R	30g	gem lettuce	

Place / Prefecture

Tochigi

Why not visit the official tourism website (while eating this dish)?



② Method

- Put **water** in a pot and boil it. Then add the **potato** in the pot and simmer until tender. Drain on a rack until cool. (If you have long bamboo skewers, cut them into 15cm pieces and skewer the potatoes.)



- Half fill a deep pan with **oil** and heat to 180°C. Mix the **flour**, **egg** and **milk** in a bowl. Dip the (skewered) potatoes in the batter, then press into the **panko** in another bowl, turning until coated all over. Carefully drop the (skewered) potatoes into the oil and deep-fry for 3 minutes until golden brown and rising to the surface. Drain on a rack.



- Serve on a plate, garnish with **gem lettuce** and pour **Worcestershire sauce** on them.