

Sayote (mirliton) Fries by Wynn Wynn Wong

SAYOTE (MIRLITON)

3 sayote peeled and sliced - julienne into very thin fries (so they will cook in about 2 minutes)

BATTER

(You can substitute Tempura flour)

1/2 cup sticky rice flour (or puree/blend sticky rice grains which are available at most Asian groceries)

1/2 cup sifted baking flour

A pinch of yellow turmeric powder

Add:

Iced water till the consistency is creamy but not runny

Juice extracted from 2 thick slices of ginger

PREPARATION:

Toss Sayote slices in batter. Fry in hot oil (Peanut oil is preferred for its fragrance) at 350 degrees until browned and tender.

SAUCE:

1 head of garlic, crushed

1 large shallot, diced finely

A few sprigs of Cilantro, chopped finely

Bird's Eye chili, crushed

Fine vinegar

A teaspoon of sugar

Fish Sauce (optional)

Simplified, in place of sauce, you can salt fries and use sour cream with horse radish and choice of spices as dipping sauce.