Salt and Vinegar Fried Lotus Root

Ingredients

- 1 lb. fresh lotus root
- ¼ cup cornstarch
- ¼ cup rice flour
- ½ teaspoon salt
- 1 tsp. black pepper
- 1 tsp. red chili flakes
- 1-inch piece of ginger (about 10 grams)
- 3 cloves of garlic
- 1 tsp. granulated sugar
- ½ tsp. citric acid (plus more, to preserve your lotus)
- 1-2 scallions
- A few sprigs of cilantro

Steps

1. Prepare a large bowl of cool water with a couple pinches of citric acid, and set aside. Peel your lotus root, and chop into ½ inch pieces. Place the cut lotus in the prepared water, to stop any oxidation.

2. Combine the cornstarch, rice flour, salt, and pepper in a mixing bowl and set aside. Mince the garlic and ginger, and set aside. Finely chop the scallions and cilantro, and set aside. Heat ¾ of an inch of oil in a skillet to medium or medium-high. While the oil heats, drain the liquid from the lotos root and pat them dry with a clean dish towel. Toss the lotos root in the cornstarch mixture so they are all coated with a thin layer of cornstarch.

3. Once hot, add the lotus root in a single layer in the hot oil working in batches. Fry until just starting to turn gold, about 8 minutes, flipping once in the middle. Place the cooked lotus on a cooling rack, or a plate lined with a paper towel.

4. Once all the lotus is cooked, drain the majority of the cooking oil from the skillet, leaving a tablespoon or so. Add the chili flakes to the hot skillet and cook for a minute or two. Add the ginger and garlic and cook for a few more minutes until fragrant. Add the sugar and citric acid to the pan, stir, and turn of the heat. Add the cooked lotus to the pan and toss, coating all the lotus in the chili, ginger and garlic.

5. Transfer the lotus to a plate and top with scallions and cilantro. Season with more salt and pepper, to taste, and enjoy.