

Tonkatsu

By Caitlin Wolf and Ella Baylis

THE RICE
DON'T FORGET THE RICE

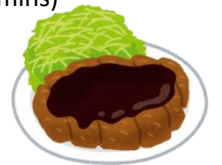


Ingredients

175ml (3/4c) of panko
1 tablespoon of olive oil
2 pork cutlets
Salt
Pepper
2 Tablespoons of all-purpose
flour (強力粉)
1 egg
Tonkatsu Sauce

Preparation

- Cook the panko in olive oil over medium heat until golden, stir constantly. When finished leave it to cool in a separate bowl.
- (optional) Trim the fat on the pork and cut small slits where the meat connects to the fat. (It stops the meat from curling while cooking)
- (optional) pound the pork with a meat tenderizer or the back of a knife then mould back into the original shape (just pretend it's that politician you hate, it'll be fun)
- Sprinkle salt and pepper onto the pork
- Dredge each piece in flour. -> Dip into beaten egg. -> Coat liberally with panko. (Press it on to make sure it sticks)
- Fill the fish oven with water and turn it on high. Let it preheat for 5 mins.
- Place the pork cutlets into the fish oven and lower the heat to medium, flip when browned. Flip twice. (approx. every 3 mins)
- Cut into strips and serve with tonkatsu sauce.



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Notes

- You can also cook tonkatsu by baking at 200C (400F) for 20 minutes
- I adapted this recipe from JustOneCookbook's Baked Tonatsu recipe. The methods of cooking are different but the preparation is virtually identical, so I encourage you to check out JustOneCookbook's detailed instructions, pictures and instructional video for this recipe if you're having trouble.