



Tonkatsu

NIBBLEDISH CONTRIBUTOR

Ingredients

- 4 x 100g thick-cut pork loins - 1 large egg, beaten - all-purpose flour for dusting - breadcrumbs (panko?) - cooked japanese rice - cabbage, julienned - salt and pepper - sunflower oil for deep frying - pickles (optional) - tonkatsu sauce, shoyu, mustard, salt, lemon, ground sesame seeds to serve

Instructions

Tonkatsu is one of my favourite Japanese dishes (I love pork, I love deep-fried things: do the math!) and I've recently started experimenting with cooking Japanese food at home - this is probably one of the last remaining types of cuisines that I have to conquer (and want *so desperately* to conquer). Anyway, this one sorta worked. Tasted a bit more like pork cutlets than tonkatsu per se, but I will amend the recipe once I find out what I've left out. Or missed out. (Serves 4) 1. On a clean surface, bash the pork loins with a mallet, rolling pin, or your fist, to tenderize it and flatten it out a bit. Season both sides with salt and white pepper. 2. Dust the pork loins with flour, making sure the entire surface is well dusted, then shake off the excess. Dunk the pork into the egg, then coat liberally in breadcrumbs. 3. Heat oil to about 130-140°C (medium heat), and fry for 2-3 minutes on one side, then flip once and fry for another 2-3 minutes on the other side. The outside should be golden brown and crispy, and the inside should be JUST cooked through. 4. Drain well on paper towels, then cut into bite-sized strips. 5. Serve with Japanese rice, cabbage (I didn't have any so just used lettuce in the picture), and condiments.