

Japanese Pork Cutlet (Tonkatsu)



Serves 2

Prep 30 mins

Cooking 30 mins

Easy

Ingredients

2 thick pork chops, bone in & rind removed
plain flour
2 eggs, beaten with 1 tbsp milk
150g panko breadcrumbs
vegetable oil for deep frying
1/2 Hispi cabbage, very finely shredded
1/2 lemon, wedged
150 ml tonkatsu sauce

Tonkatsu sauce to make 150 ml

50ml Worcestershire sauce
1 tbsp soy sauce
1/2 tbsp mirin
1/2 tbsp dark brown sugar
1 tsp rice vinegar
1/2 shallot, finely chopped
small wedge Granny Smith apple, finely grated
1/4 tsp English mustard
a pinch white pepper
50ml tomato ketchup
2 dates, finely chopped

1. First make the Tonkatsu sauce: Put the Worcestershire sauce, the soy sauce, mirin, dark brown sugar, rice vinegar, shallot, dates and apple into a pan and bring to a simmer. Cook for 10 mins until the onion and the dates are very soft. Add the remaining ingredients and tip into a food processor. Whizz until smooth, then pass through a fine sieve. Stored in an airtight container in the fridge it will keep for 2 months.
2. Season the pork chops, then put the flour, eggs and breadcrumbs into 3 separate bowls and pass the pork chop through each (flour first, then egg, then breadcrumbs), pressing the breadcrumbs on so they stick.
3. Fill a pan no more than 1/3 full of oil and heat to 160C or until a cube of bread browns in 45 seconds. Fry the pork chops, one at a time for 10 mins each or until a meat thermometer reads 60C at the thickest point. Drain onto kitchen paper and keep warm in a low oven while you fry the other. Rest on a plate for 5 mins before slicing. Serve with the shredded cabbage, lemon wedges and tonkatsu sauce.