



KATSU SANDWICH *(serves 4)*

Recipe by Mai Nguyen

Tonkatsu (recipe below)

8 slices shokupan or white bread

Tonkatsu Sauce (recipe below)

1.5 cups very thinly sliced green cabbage

2 tbsp lemon juice

Dijon mustard

Kewpie mayo

Salt to taste

- Mix shredded cabbage with lemon juice and salt.
- Spread mayo and Dijon mustard on half of the slices of bread. Spread tonkatsu sauce on the other half of the sliced bread.
- Divide the seasoned shredded cabbage on the bread slices with tonkatsu sauce and top with more tonkatsu sauce.
- Place the fried tonkatsu cutlet on the slices of bread topped with cabbage and cover with a buttered slice of bread.
- Cut off the crusts of the bread and slice in half horizontally (not diagonally).

Tonkatsu

1 cup panko breadcrumbs

4 tbsp all purpose flour

salt and pepper

4 '2 inch' pork boneless pork loin chops or 4 chicken thighs

1 egg, slightly beaten

vegetable oil (canola, grape seed, corn, etc.) for deep-frying

- Trim any excess fat off the pork/chicken cutlet and tenderize.
- Season pork (or chicken) with salt and pepper.
- Place flour, egg and breadcrumbs in shallow individual plates or bowls (line them up in this order). Place an additional clean plate or a small baking tray next to the breadcrumbs.
- Working one fillet at a time, coat with flour, shake off excess flour, then place it in the egg and coat all over. Allow excess egg to drip, then transfer to the breadcrumbs. Cover the entire fillet with breadcrumbs, making sure that a good layer of breadcrumbs is stuck on both sides. Repeat for the rest of the fillets.
- Heat oil in a frying pan/pot to 350 F. The amount of oil should be about 1-2 inches deep.
- Gently place a fillet into the oil. Depending on the size of the pan, you may fry more than one at a time. But do not overcrowd.
- Fry for about 2-3 minutes or until the bottom side is browned. Using tongs, flip the fillet and cook for a further 2-3 minutes until the other side is browned.
- Transfer the cutlet onto a tray lined with a couple of layers of paper towel to drain excess oil and do a final season with salt.

Tonkatsu Sauce

½ cup ketchup

¼ cup Worcestershire sauce

¼ cup sugar

¼ cup soy sauce

1 tbsp rice vinegar

1 tbsp sriracha (optional)

1 tsp minced ginger

1 tsp minced garlic

- Mix all ingredients together, taste and adjust as necessary.

Ginger Sesame Salad

½ cup roughly chopped yellow onion

1 clove garlic

2 tbsp roughly chopped ginger (peeled)

¼ tsp soy sauce

¼ cup sugar
½ cup neutral oil (avocado, canola, grapeseed, etc.)
¼ cup rice vinegar
1 tbsp sesame oil
Salt and pepper to taste
1 head iceberg lettuce, roughly chopped
1 cup shredded carrot
1 cup chopped tomatoes
1 cup chopped cucumbers
½ cup thinly sliced green onions
1 tbsp toasted sesame seeds

- Blend onion, garlic, ginger, soy sauce, sugar, oil, rice vinegar, and sesame oil together. Season with salt and pepper.
- Mix lettuce, tomatoes, carrot, cucumbers, and green onions together and dress with desired amount of dressing. Top with toasted sesame seeds.

EQUIPMENT

Cutting board and knife
Meat pounder
Mandoline (optional)
Large pan
Bowls
Tongs
Paper towels
Blender/food processor