



Crispy Pork Katsu Curry



Ingredients, Pork:

- 2 eggs - lightly whisked
- 4 tbsp flour
- ¼ tsp salt
- ¼ tsp black pepper
- 1 ½ cups panko breadcrumbs
- 4 pork loin steaks - excess fat removed
- vegetable oil for frying

Ingredients, Tonkatsu Sauce:

- ½ cup tomato ketchup
- ¼ cup white wine
- 2 tbsp Worcestershire sauce
- 2 tbsp dark soy sauce
- 1 garlic clove - peeled and minced
- ¼ tsp ground ginger
- 1 tsp curry powder
- 1 tbsp mirin
- 1 tbsp sugar

To Serve:

- Prepared rice
- ½ White cabbage - finely shredded
- 3 spring onions/Scallions - chopped

Method:

1. Place the eggs in a shallow bowl, the flour, salt and pepper in a second bowl (mix it together), and the panko breadcrumbs in a third bowl. Coat one of the pork steaks in the flour, then dip in the egg and finally coat in the breadcrumbs. Place on a plate and repeat with the other pork steaks.
2. Preheat the oven to 400f.

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3. Heat the oil in a large frying pan and fry the pork steaks on a medium heat for 2-4 minutes on each side until golden brown. Then place on a baking tray and finish off in the oven for 7-10 minutes until the pork is no longer pink in the middle.
4. Whilst the pork is cooking, place all of the tonkatsu sauce ingredients in a small pan, mix and bring to the boil. Turn down the heat and simmer for 5 minutes, then turn off the heat (the sauce is nice served warm but not hot).
5. When the pork steaks are ready, take out of the oven, and slice into strips. Place on top of four bowls of rice. Serve with sliced raw cabbage, and drizzle with the tonkatsu sauce. Sprinkle chopped spring onions on top and serve with the rest of the tonkatsu sauce.