



Pork Tonkatsu

Serves 4

For the tonkatsu sauce:

60ml Worcestershire sauce

2 tbsp soy sauce

2 tbsp sugar

2 tbsp ketchup

½ tsp Dijon mustard

1 tbsp sake

1 tbsp Japanese rice vinegar

1 tbsp mirin

1 garlic clove, crushed

4 pork fillets

50g flour

1 egg

panko breadcrumbs

salt and pepper

vegetable oil, for frying

a bit of sesame oil, for frying

lemon wedges, to serve

Start with the tonkatsu sauce: Put all the ingredients into a little saucepan and bring to a simmer. Cook for 20 minutes until it has reduced and is sticky.

Meanwhile, prepare the meat: if necessary, flatten the pork fillets with a meat mallet until 1cm thick.

Put the flour onto a plate and season with salt and pepper. Crack the egg into a second plate. Put some panko breadcrumbs into a third.

Dip each pork fillet into the flour, then into the egg and finally into the panko breadcrumbs so they are evenly coated.

Cover the bottom of a frying pan generously in vegetable oil, then add a glug of sesame oil. Put the pan over a medium heat and fry the schnitzels 3 minutes on each side. Take out of the pan and drain on a plate lined with kitchen paper.

Serve the tonkatsu schnitzels with a lemon wedge and drizzle with tonkatsu sauce.

TIP: This goes well with a side of cabbage in ginger vinaigrette.

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