

Fried Pork Cutlet Recipe

Ingredients:

4 x 150 g pork schnitzels or 700 g pork fillets
plain (all purpose) flour, for dusting
1 egg, lightly beaten
panko (Japanese breadcrumbs), for coating
vegetable oil, for deep-frying
60 ml sesame oil
1/4 white cabbage, very finely shredded
lemon wedges, to serve
Japanese mustard, to serve, optional

Tonkatsu Sauce:

60 ml Worcestershire sauce
2 tablespoons tamari or Japanese soy sauce
2 tablespoons caster sugar
2 tablespoons tomato sauce (ketchup)
1/2 teaspoon Japanese mustard
1 tablespoon sake
1 tablespoon Japanese rice vinegar
1 garlic clove, bruised

Method:

Using a meat mallet or back of a large, heavy knife, pound the pork schnitzel until 5 mm thick, then lightly score around the edges with the point of the knife to prevent it from curling during cooking. If using pork fillets, trim off any skinny ends and cut into 5 cm lengths - do not pound. Lightly coat the pork in seasoned flour. Dip the pork pieces into the egg, allowing any excess to drip off, then coat in the panko, pressing down on either side to help the crumbs adhere. Put on a plate, cover and refrigerate for 15 minutes. Meanwhile, to make the sauce, combine all the ingredients in a small saucepan and bring to the boil over high heat, then reduce to a simmer and cook for 20 minutes, or until glossy and thickened slightly. Fill a deep heavy-based saucepan or deep-fat fryer one-third full of vegetable oil and add the sesame oil. Heat to 170 degrees Celsius, or until a cube of bread dropped into the oil browns in 20 seconds. Cook the schnitzels one at a time, or the fillet a few pieces at a time, turning once or twice for about 5 minutes, or until golden brown all over and cooked through. The fillet will take a little longer, about 10 minutes. Drain on crumpled paper towel, then keep warm in a low oven while you cook the rest. Slice the pork schnitzel, then lift it onto serving plates in its original shape, accompanied by a pile of cabbage and lemon wedges, and pass around the sauce, If you like, serve with mustard. For a hearty meal serve with rice, miso soup and pickles.