



ChowFu.co

Japanese Tonkatsu w/ Cabbage Salad

Difficulty*	Prep	Cook
3	15min	2hr 15min

*Difficulty on a scale from 1-5, where 1 is easiest

INGREDIENTS

Pork

- 1 Porkchop
- 4 Tbsp Butter
- 1 Tbsp Salt
- 1 Tbsp Black Pepper
- 2 Tbsp Ketchup
- 2 Tbsp Worcestershire Sauce
- 1 Tbsp Light Soy Sauce
- 1 Tbsp Mirin
- 1 Tbsp Sugar
- 1 Cup Flour
- 2 Medium Eggs
- 1 Cup Panko Bread Crumbs
- Oil for Frying
- Toasted Sesame Seeds (Optional)

Salad

- 1 Cabbage
- 2 Tbsp Light Soy Sauce
- 2 Tbsp Sesame Oil
- 2 Tbsp Rice Wine Vinegar
- 1 Tbsp Sugar

Directions

- 1.) Sprinkle a large, bone-in porkchop liberally with salt and pepper on all sides.
- 2.) Place the porkchop in a Ziplock bag. Add in 4 Tbsp of butter, sliced.
- 3.) Fill and heat a large pot with water (the bigger the better to help regulate temperature). Using a thermometer, heat the water until it reaches exactly 140F.

- 4.) Slowly submerged the Ziplock bag into the water, keeping the top of the bag open (but out of the water!). The water should push all of the air completely out of the bag.
- 5.) Ensure that the bag does not touch the bottom, and that the pork is completely submerged.
- 6.) Adjust heat as necessary to maintain 140F. Check every few minutes and let the pork cook for 2 hours.
- 7.) In the meantime, get a cabbage.
- 8.) Thinly slice the cabbage (using a mandolin if you have one to ensure evenness).
- 9.) Place the cabbage in an ice bath for several minutes to cut the bitterness.
- 10.) Remove the cabbage from the water and set aside.
- 11.) For the tonkatsu sauce, mix together 2 tbsp ketchup, 2 tbsp Worcestershire sauce, 1 tbsp light soy sauce, 1 tbsp mirin, and 1 tbsp sugar. Add in the toasted sesame seeds if you have it.
- 12.) For the salad dressing, mix together 1 tbsp light soy sauce, 2 tablespoons sesame oil, 2 tbsp rice wine vinegar, 1 tablespoon sugar.
- 13.) Prepare our frying station with 1 cup of flour, 2 medium eggs (beaten), and 1 cup of panko, each in a different plate.
- 14.) After the pork is ready (2 hours), remove the porkchop from the water bath and pat dry.
- 15.) Dredge the chop on all sides with flour, then egg, then panko.
- 16.) Set up a wok (or fryer of your choice), and fill with enough oil to submerge the porkchop. Heat the oil to 350F (Be careful here).
- 17.) Very carefully submerge the porkchop. Fry on both sides until golden brown (about 2 minutes per side).
- 18.) Remove the porkchop and set it on a cooling rack to rest. Put the salad onto a bowl and mix in the dressing. Keep the tonkatsu sauce on the side for dipping.
- 19.) Serve immediately.