

KATSUDON

Time Required : 1 hour

Level of Difficulty : Medium

INGREDIENTS

A. RICE

White Rice : Cook the rice as you normally
(Short /Medium/Long grain) would

B. BREADED PORK CUTLETS

(8 - 9 pork loin)

Pork Loin : 3.65 lbs (1.65 kg)
White Bread : 1 loaf
Eggs : 3 - 5 eggs
All Purpose White Flour : 1 cup (more or less)
Vegetable Oil : As required

C. BROTH

(for 4 - 5 bowls of katsudon)

Dashi Pack : 1
Water : 4 cups (800ml)

OR

I. Konbu (Kelp) : 5 cm
II. Katsuobushi (Bonito Flakes) : 1/2 cup
III. Water : 5 cups (1litre)
Kikkoman Soy Sauce : 4 tablespoon
Cooking Wine : 1 tablespoon
Mirin : 2 tablespoon
Sugar : 1 teaspoon
Yellow Onion : 2 medium

D. ASSEMBLE A,B and C

Eggs : As required

METHOD OF PREPARATION

BREADED PORK CUTLETS

1. Cut the pork loin into 2 inches wide. Use the back of the knife to pound the pork loin on both sides. As pounding tend to flatten the meat, after pounding, use the palm of both of your hands to press its sides (as if holding it together) so that it remains intact.
2. Tear the bread into smaller pieces and put in a food processor to make into bread crumbs. Blend half loaf first and if more is needed, blend more later.
3. Use a fork / whisk to lightly beat the eggs.

4. Prepare a medium pot (such as cast iron) that has a good heat retention. Add in vegetable oil until 1/3 full and use medium heat to reach 175° C (347° F).
5. While waiting for the oil to be heated, lightly dust the pork loin with all-purpose white flour, shake off excess flour, then coat with the beaten eggs followed by the bread crumbs. Use the palm of both of your hands to lightly press the bread crumbs onto the pork loin and ensure that it is well-coated with bread crumbs.
6. Once the oil reaches 175° C (347° F), place the breaded pork loin into the oil and fry for 75 seconds on each side. Dish up and let it rest on a wire mesh/rack for at least 3 minutes. Use a strainer to remove the excess crumbs from the oil before continue frying. Repeat this process until all the pork loin has been fried for the first time.
7. Bring the oil to 180° C (356° F) and fry the pork loin for the second time. Each pork loin should be fry for 40 seconds on each side. Dish up and cool on wire mesh/ rack.

BROTH

If you make more than 4 bowls of katsudon, double the portion of the ingredients to make the broth

8. If using dashi pack, cook the dashi pack in a pot of water and let it boil for 3 minutes (or follow the instruction on the packaging).
9. If using kelp and bonito flakes, place into a pot filled with 6 cups of water. Bring to a boil and let it boil for 3 minutes on medium heat. Turn off the heat and let it sit for 5 minutes.
10. Remove the skin of yellow onion and cut in half. Then slice into 1/4 inches thick.
11. Place 400cc (1 2/3 cups) of dashi in a medium saucepan with soy sauce, cooking wine, mirin and sliced yellow onion. (*SIDE NOTE: The remaining dashi can be used to make soups or sauces*)
12. Bring to a boil and cook until the onion is tender and soft. Turn off heat and set aside.

TIME TO ASSEMBLE

13. Crack 2 eggs into a measuring cup/ stainless steel cup with beak for easy pouring. Use a fork to lightly beat the eggs.
14. Place 1/4 cup of the broth with sliced onion on the pan (*specifically used to make katsudon/ oyakodon*) or a small saucepan about (or less than) 8 inches in diameter. Bring it to a boil on medium heat.
15. Meanwhile, cut 1 breaded pork loin into cutlets.
16. Once the broth boils, lower the heat and place the pork cutlets onto the pan. Drizzle the eggs all over the pork cutlets and on the broth. (*Note: I use about 2/3 of the beaten eggs in the measuring cup for each katsudon*). Close with the lid and let it simmer until the egg is almost cooked, about 15 - 20 seconds. If using the saucepan, tilt the lid slightly so that there is an opening for the steam to escape.
17. Meanwhile, prepare a bowl of rice (about 1/4 full).
18. Once the egg is almost cooked, turn off the heat and transfer the pork cutlets from the pan onto the bowl.
19. Crack 1-2 more eggs into the measuring cup with the remaining beaten eggs. Lightly beat the eggs with a fork.
20. Repeat this process depending on how many bowls of katsudon you are making. Serve immediately.