

# About saboten saboten japanese cutlet

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Cutlet: A Culinary Delight in Japanese Cuisine\*\*

### What is a Cutlet in Japanese?

In Japanese, a cutlet is known as "katsu" (??), derived from the English word "cutlet." It is a breaded and fried meat patty, usually made with pork or chicken.

### History of Pork Cutlet

Pork cutlet originated in Japan in the early 20th century. It is believed that Japanese immigrants brought the idea of breaded and fried meat patties from Europe. However, over time, the Japanese developed their own unique style of pork cutlet.

### What is Chicken Cutlet in Japanese?

Chicken cutlet is also popular in Japan and is known as "tori katsu" (????). It is made with boneless, skinless chicken breasts that are breaded and fried.

### Cutlet vs. Tonkatsu

While the terms "cutlet" and "tonkatsu" are often used interchangeably, there is a slight difference. Tonkatsu specifically refers to pork cutlet, while cutlet can encompass both pork and chicken varieties.

### Why is Cutlet Called Cutlet?

The term "cutlet" comes from the French word "côtelette," which means "small rib." Originally, cutlets were pieces of meat cut from the ribs of animals. Over time, the term was extended to include other breaded and fried meat patties.

## Fun Fact about Tonkatsu

Tonkatsu is often served with a thick, brown sauce called "tonkatsu sauce." The sauce is typically made with Worcestershire sauce, ketchup, and soy sauce.

## Meaning of Pork Cutlet

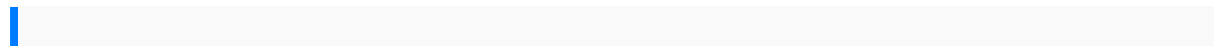
In Japanese, "pork cutlet" is written as "tonkatsu" (????). The word "ton" (?) means "pig," and "katsu" means "cutlet."

## Is Pork Cutlet Healthy?

Pork cutlet is not inherently healthy due to its high fat content from the breaded and fried exterior. However, it can be made healthier by using leaner cuts of pork and baking or air-frying it instead of deep-frying.

## What Makes a Cutlet a Cutlet?

The defining characteristic of a cutlet is the breading and frying process. The meat is first coated in a mixture of flour, eggs, and bread crumbs, then fried until golden brown and crispy.



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