

Tofu Katsu with Japanese Curry



4.94 from 16 votes

Crispy tofu katsu with flavorful Japanese curry served on a bed of rice is what you need to try today! The tofu is perfectly seasoned and fried to a golden brown. The crunchiness is so addictive that it can be served as-is. The curry has melt-in-your-mouth potatoes that go so well with a bowl of warm sushi rice.

Prep Time	Cook Time	Rice Cooking Time (in rice cooker)	Total Time
30 mins	1 hr 30 mins	30 mins	2 hrs

Course: Curry, Main Course Cuisine: Asian, Japanese Keyword: comfortfood, Curry, tofu

Servings: 2 Author: woonheng

Ingredients

Tofu Katsu

- 16 oz firm tofu drained and freeze
- salt and pepper to taste
- ¼ cup flour
- ¼ cup plant-based egg or plant milk or aquafaba
- ½ cup panko breadcrumbs
- salt and pepper
- oil for cooking

Japanese Curry

- 2 small-sized potato about 1 lb, peeled
- 2 medium-sized carrot chopped
- 8 oz King Oyster mushrooms chopped
- 4 cups veggie stock
- 1 large onion finely chopped (yields about 1¼ cups)
- 1 small Fuji apple peeled and seeded
- 1 tablespoon soy sauce
- salt to taste
- ½ tablespoon peach preserves optional (see notes)
- plant-based butter for cooking
- oil for cooking

Curry Roux*

- 3 tablespoons plant-based butter
- 4 tablespoons all-purpose flour
- 1½ tablespoons curry powder
- 1 tablespoon garam masala
- ½ teaspoon cayenne pepper

Other ingredients

- Cooked sushi rice
- finely julienned cabbage

Instructions

How to prepare Tofu Katsu

1. To prepare the tofu, remove the tofu from its package and drain out the water. Wrap the tofu with paper towels or a clean dishcloth.
2. Place tofu on a chopping board and stack with another flat plate or chopping board. Then weigh it down with something heavy such as cans or cartons. Let the tofu drain for about 10-15 minutes. Remove and place the tofu back into its package and freeze overnight.
3. When ready, thaw the tofu to room temperature and squeeze the tofu between your palms to remove the liquid.
4. Then, cut into 2 big slabs. I trimmed the sides to make it look like a cutlet but this is an optional step. Season both sides generously with salt and pepper.
5. Next, set up the dipping station: Place flour, plant-based eggs, and panko breadcrumbs on 3 separate plates.
6. Take a tofu slab and coat each side generously with flour. Then, dip it into the plant-based egg until coated and drip off excess. Finally, lay the tofu on the panko and gently press to get the panko to stick until all sides are well coated.
7. Heat ½-inch vegetable oil in a large skillet over medium heat. To test if the oil is ready, drop a small piece of panko into the oil. If it sizzles, then the oil is ready.
8. Carefully slide the tofu into the hot oil. The tofu should sizzle as soon as it touches the oil. Use a pair of tongs to lift a corner to check the color.
9. Once the tofu is golden, slowly turn them over and fry the other side. Note: if it's browning too quickly, lower the heat just a little.
10. When ready remove and transfer katsu to a drain rack. This will keep the katsu crispy until ready to use. The katsu is ready to be served as-is with a side of rice.

Prepare the curry roux

1. Skip this step if you are using store-bought curry cubes.
2. To make the curry roux, melt the butter in a pot over medium-low heat and whisk in the flour. Stir the mixture while cooking until it starts to turn brown. This process takes about 10-12 minutes.
3. Then, add the garam masala, curry powder, and cayenne pepper. Stir until well-combined and set it aside until ready to use or refrigerate once it's cooled.

How to prepare Japanese curry and serve

1. To prepare the curry, melt butter in a pan and sauté the mushrooms until aromatic. Then, transfer it to a plate and set it aside.
2. Using the same pan, add more cooking oil and sauté onions until they caramelized.
3. Add the carrots, potatoes, and mushrooms and cover the ingredients with vegetable stock.

4. Place a lid over and bring the mixture to a boil, then lower the heat and let it simmer. Check the potatoes' tenderness with a fork or chopstick.
5. Meanwhile, blend the apple into a puree.
6. Once the potatoes are fork-tender and fully cooked through, season with soy sauce, salt, apple, and peach preserves (if using).
7. Using a sieve, stir the curry roux into the broth. The broth will slowly turn darker. Test and season if needed.
8. To serve, add a few spoons of rice to a plate and then, top with tofu katsu and ladle the hot curry over. Serve warm a side of shredded cabbage.

Notes

- I'm using a large onion which yields about 1 ¼ cups after chopped
- The peach preserve is absolutely optional. Skip if you have a large Fuji apple or you prefer a less sweet version
- Curry Roux recipe is from [JustOneCookbook](#)