



CRISP PANKO CHICKEN CUTLETS W/TONKATSU SAUCE

Recipe by lisar

We just tried this recipe last week from Fine Cooking Magazine. I love the crispness the panko bread crumbs give the chicken and the tonkatsu sauce is a nice tangy sauce that goes great with the chicken.

READY IN: 37mins

SERVES: 4

UNITS: US

INGREDIENTS

- 4 **boneless
skinless chicken
breast halves**
- kosher salt**
- black pepper**
- $\frac{1}{2}$ cup **flour**
- 3 **eggs**, lightly
beaten with
- $\frac{1}{3}$ cup **water**
- 2 cups **japanese
panko
breadcrumbs**
- $\frac{1}{2}$ head **cabbage**,
shredded

TONKATSU SAUCE

- $\frac{1}{2}$ cup
**Worcestershire
sauce**
- $\frac{1}{4}$ cup **granulated
sugar**
- $\frac{1}{4}$ cup **soy sauce**
- $\frac{1}{4}$ cup **tomato
ketchup**
- 1 teaspoon **Dijon
mustard**
- $\frac{1}{4}$ teaspoon
ground allspice

DIRECTIONS

With a sharp knife, lightly score both sides of the chicken breasts in a checkerboard pattern.

Lay a sheet of plastic wrap over the breasts and pound until they are about $\frac{1}{2}$ inch thick.

Season with salt and pepper.

Dredge the chicken in the flour and then dip it in the beaten eggs, shaking to remove excess.

Dip each piece in the flour and egg again and then coat the chicken in the panko.

In a deep, straight sided sauté pan, heat about $\frac{1}{4}$ inch vegetable oil over medium high heat until the oil ripples and simmers in the pan and instantly erupts into lots of bubbles when you dip a corner of the chicken breast into it.

Immediately reduce the heat to medium low and fry the chicken in batches until cooked through and golden on both sides, 4 to 6 minutes per side.

If the oil seems to cool down too much during frying, increase the heat a little to maintain a steady bubbling action.

Drain the chicken on paper towels and serve it with abundant shredded cabbage and tonkatsu sauce.

tonkatsu sauce: In a small saucepan, whisk together the Worcestershire, sugar, soy sauce and ketchup.

Bring to a simmer over medium low heat.

Reduce the heat to gentle simmer and whisk often until reduced to 1 cup, about 10 minutes.

Whisk in mustard and allspice.

Cool to room temperature.

The sauce will keep for 1 week in the refrigerator.