Chicken Katsu

**Ingredients**

* 4 breast half, bone and skin removed (blank)s skinless, boneless chicken breast halves - pounded to 1/2 inch thickness
* salt and pepper to taste
* 2 tablespoons all-purpose flour
* 1 egg, beaten
* 1 cup panko bread crumbs
* 1 cup oil for frying, or as needed

**Directions**

Instructions Checklist

* **Step 1**

Season the chicken breasts on both sides with salt and pepper. Place the flour, egg and panko crumbs into separate shallow dishes. Coat the chicken breasts in flour, shaking off any excess. Dip them into the egg, and then press into the panko crumbs until well coated on both sides.

* **Step 2**

Heat 1/4 inch of oil in a large skillet over medium-high heat. Place chicken in the hot oil, and cook 3 or 4 minutes per side, or until golden brown.

Crispy Tempura Batter

Ingredients

* 1 cup all-purpose flour
* 1 large egg
* 1 cup water
* Ice cubes (for chilling the water)

Steps to Make It

1. Gather the ingredients.
2. In a small bowl, [sift the flour](https://www.thespruceeats.com/why-you-should-sift-ingredients-305290) once or twice to remove any clumps and to make it light and soft. Set aside.
3. In a separate medium bowl, gently beat egg until the yolk and egg whites are just barely incorporated.
4. Combine the water and ice cubes in a cup. Using a strainer, strain the water (you should have 1 cup of ice-cold water) and add it to the bowl with the beaten egg. Make sure you do not actually add ice cubes to the tempura batter.
5. Add the sifted flour into the bowl with the egg and water mixture and lightly combine the flour [using chopsticks](https://www.thespruceeats.com/how-to-use-chopsticks-692615). Be careful not to overmix the batter; it should be a little lumpy.
6. The batter is now ready for immediate use. If for some reason the batter won't be used right away, place it in the refrigerator temporarily (for a few short minutes) to keep it ice cold until you're ready to deep-fry your tempura. Do not store in the fridge for an extended period of time.

Korokke

**INGREDIENTS**

***For Potato and Meat Mixture***

* 2 lb **russet potatoes** (900 g, about 4 potatoes; please use Russet potatoes)
* 1 **onion** (9.6 oz, 272 g)
* 1 Tbsp **neutral-flavored oil (vegetable, canola, etc)**
* 1 lb **ground beef** (454 g; 85% lean)
* ½ tsp **kosher/sea salt (I use Diamond Crystal; Use half for table salt)** (for meat)
* ¼ tsp **freshly ground black pepper** (for meat)
* 1 Tbsp **unsalted butter** (for potato)
* ½ tsp **kosher/sea salt (I use Diamond Crystal; Use half for table salt)** (for potatoes)
* ¼ tsp **freshly ground black pepper** (for potatoes)

***For Panko Coating***

* ½ cup **all-purpose flour (plain flour)** (60 g)
* 3 **large eggs (50 g each w/o shell)**
* 2 cups [**panko (Japanese breadcrumbs)**](https://www.justonecookbook.com/panko/) (120 g)

***For Deep Frying***

* 4 cups **neutral-flavored oil (vegetable, canola, etc)** (946 ml; for deep frying)

***To Serve***

* [**Tonkatsu Sauce**](https://www.justonecookbook.com/tonkatsu-sauce/) (or make [**my homemade recipe**](https://www.justonecookbook.com/tonkatsu-sauce-recipe/))

**INSTRUCTIONS**

1. Gather all the ingredients.

***To Make Potato and Meat Mixture***

1. Wash the potatoes under cold running water. Peel the potatoes with a vegetable peeler and remove the eyes.
2. Cut each potato into equal 4 pieces. **Tip:**To cook evenly, it's important that they are in a similar size.
3. In a large pot, put water and potatoes and bring it to a boil covered on medium heat, leaving the lid slightly ajar to prevent from boiling over. It will take about 15 minutes to a boil. Cook potatoes until a skewer goes through the potato easily, about 15-20 minutes.
4. Meanwhile (you have about 30 minutes till the potatoes are ready), chop the onion finely. With the knife tip pointing toward the root, slice the onion to within ½ inch of the base. Make about ¼ inch parallel cuts. Then slice the onion horizontally about ¼ inch parallel cuts.
5. Then cut perpendicular to the first slices you made. If the onions need to be chopped finer, you can run your knife through them in a rocking motion. Be sure to hold down the tip of the knife; otherwise, the onions are going to go flying around the room.
6. In a large skillet, heat oil on medium heat and add the chopped onion.
7. Saute the onion until translucent and tender, about 10 minutes. **Tip:**It's important to remove moisture from the onion so that croquette mixture won't be soggy. To cook faster and give nice char, leave the chopped onion for a long stretch of time between stirring so the onion has direct heat contact.
8. Add the meat and break it up with a wooden spoon.
9. Season the mixture with salt and black pepper.
10. Stir to combine, turn off the heat when the meat is no longer pink. Remove from heat to let cool slightly.
11. Once in a while, you have to check if the potatoes are done cooking. Insert a skewer to a bigger piece of the potatoes and if it goes through the potato easily, it's done. Remove the potatoes from the heat and drain the water completely. When you do so, use a lid to cover so the potatoes don’t fall out from the pot.
12. Move the pot back to the stove. Shake the pot over low heat and let the remaining moisture completely evaporate (but don’t burn the potatoes), about 2-3 minutes. Then transfer to a large bowl.
13. With a potato masher, mash the potatoes while they are still hot and let the steam escape. Add the butter. **Tip:** keeps some potato chunks unmashed to create a texture.
14. Add salt and pepper and combine well together.
15. To avoid adding excess cooking liquid from the meat mixture to the mashed potatoes, gently squeeze the liquid out from the mixture by collecting it to one side of the pan.
16. Add the meat mixture into the mashed potatoes in the bowl and combine together.
17. While the mixture is still warm, but not hot, start making the patties (traditionally, oval shape, roughly 3-inch in length), without including air pockets.
18. Cover and let the Korokke patties rest in the fridge for 15-30 minutes (Do not skip!). **TIP:** Resting and cooling down the patties prevents the croquettes from exploding while deep frying. The cold patties in the hot oil will not release any steam; therefore, croquettes will not explode in the oil. If you skip this process and the patties are still warm, the temperature of the patties will go up and start to steam, which will then puncture a hole in the panko coating and explode. It also helps the ingredients to meld together.
19. Prepare a tray for each flour and panko and crack eggs into a small bowl.
20. Coat each patty in flour and shake off excess.
21. Then dredge in egg and coat with panko.
22. Once you finish coating the patties, add the oil a medium pot. Make sure the oil is at least 2 inches in the pot so the entire croquette will be covered.
23. Bring the oil to 340-350 ºF (171-178 ºC) over medium heat. Use a [**cooking thermometer**](https://www.thermoworks.com/Thermapen-Mk4?tw=j1cb) to check the oil temperature (no guessing!). Once you are used to it, you can use the [**chopstick or panko tricks**](https://www.justonecookbook.com/how-to-deep-fry-food/) to determine the oil temperature.
24. Deep fry 2-3 croquettes at a time until they are golden brown, about 2-3 minutes. **Tip:**Do not touch the croquettes until one side is golden brown. The inside is already cooked, so all you need to do is to fry until golden brown!
25. Transfer the croquettes to a wire rack or paper towel to drain excess oil.

Nachos Fried Chicken

Ingredients

* 7 ounces Doritos
* 1 chicken breast
* Salt
* 1 cup flour
* 1 tablespoon spicy paprika
* 1 tablespoon onion powder
* 2 eggs
* Frying oil

Steps

1. Add the Doritos to a blender, and blend until reduced to crumbs.
2. Cut the chicken into smaller pieces and season with salt.
3. In a bowl, mix the flour, paprika and onion powder.
4. Beat the eggs in another bowl and reserve.
5. Coat the chicken with the flour, then with the eggs and finally with the Doritos crumbs.
6. Fry in hot oil until golden and crispy, then drain on paper towels. Enjoy!

Tempura Onion Rings

### Ingredients

* 2 large onions, preferably Vidalia or Spanish, cut into 1/4-inch rings
* Vegetable oil, for frying
* 1 1/4 cups flour
* 1/3 cup cornstarch
* 1 tablespoon baking powder
* 1 teaspoon salt
* 1 1/4 cups ice water
* Ketchup or ranch dressing for dipping

### Preparation

In a large bowl of cold water, soak the onions for 10 to 15 minutes. Let drain on paper towels.

Meanwhile, in a large, deep pot or skillet, heat 2 inches of oil over medium-high heat until it registers 360 degrees on a deep-fat thermometer. Fill a large bowl halfway with ice. In a medium bowl, whisk the flour, cornstarch, baking powder and salt. Add the ice water and stir just until a batter forms. (The batter will be thin, with small lumps and bubbles.) Place the batter bowl inside the bowl of ice to keep cold.

Using tongs, coat the onion rings with the batter, letting the excess drip off. Working in batches, drop the rings into the oil and fry until light golden, 2-1/2 to 3 minutes. Using the tongs, transfer the rings to paper towels to drain; return the oil to 360 degrees between batches. Serve with the ketchup.

# **Shrimp Tempura**

## Ingredients needed:

* jumbo or medium shrimp
* all-purpose flour
* cornstarch
* egg
* water (icy-cold)

## How to make Shrimp Tempura

### **Step 1: prepare shrimp**

* Prepare the shrimp, by deveining them and removing the shell right up to the tail.
* Next, make 4 to 5 small notches on the “belly” of each shrimp. This will prevent them from curling up during frying.
* Toss shrimp in cornstarch.

### **Step 2: make the batter**

* Mix cold egg with water in a bowl. Add flour and stir in. Do not overmix.
* Dip each shrimp in batter.

### **Step 3: fry**

* Heat up oil to 340 to 360 degrees F.
* Drop 3 to 4 batter coated shrimp in the pot and fry for 2 to 3 minutes per side.
* Remove shrimp onto a paper towel-lined plate.