

# TONKATSU (PORK CUTLET)

3-4 servings

## INGREDIENTS

1 Pork tenderloin<sup>1</sup>

~3 Heaping Tbs. White rice flour, plus more

¼ Cup Milk or Non-Dairy Substitute or water,  
enough to make medium thick batter

6 oz. Panko (Japanese bread crumbs)

Kosher salt (preferred)

Black pepper

Garlic powder (Garlic salt, omit above salt)

Oil to deep fry enough for about 1 inch deep

Sauce for serving (Store bought tonkatsu sauce  
or homemade, see below for recipe.) A-1 or  
plain ketchup work as well!

<sup>1</sup> *Can substitute with chicken. Chicken tenders  
work well. Remove extra fat and some of the  
tendon if possible on the tenders. Leave whole  
or cut in half.*

## INGREDIENTS FOR TONKATSU SAUCE

3 Tbs. Ketchup

~1-2 Tsp. Worcestershire sauce

Mix the above ingredients and adjust to your  
taste. This should be enough to make one  
serving.

## DIRECTIONS

### Prepare the tenderloin

Remove gristle or extra fat and slice thinly. Cut  
about ¼ inch, keep thin so meat cooks evenly.

Lay the slices of pork on a large plate or baking  
sheet. Lightly sprinkle both sides with salt,  
pepper, and garlic powder. (Or pepper and  
garlic salt.)

### Bread the pork

In a small bowl, make a batter with rice flour  
and milk or non-dairy substitute or water. Now  
pour some panko in a different small bowl.  
(Discard any leftover panko from the breading.  
Place any left in the package in a Ziploc.)

Dip one piece of pork in batter to coat both  
sides and allow excess batter to drip off. Now,  
lay the pork in the panko. Sprinkle panko on  
top and press down gently to coat evenly. Flip  
the pork and press gently. Shake any excess  
panko off and set aside on a large plate or  
baking sheet. Continue until all pork is  
breaded, making more batter if necessary.

### Deep frying

Add enough oil to about 1 inch in depth in the  
pot. Turn on the stove to medium high.  
Optimal stove setting will vary.

While heating the oil, prepare a baking sheet  
with paper towels and cooling rack.

The oil is ready when a piece of panko dropped  
in the pot immediately bubbles in the oil.

Carefully place pork into the oil. Add enough to  
fit the pot without overcrowding, about 5-7 pcs.  
Be sure no pieces stick to the bottom. Let both  
sides fry to a nice golden color. Once fully  
cooked and golden in color, remove and allow  
to drain on the rack. (If the oil fills with a lot of  
stray panko, remove with a skimmer.)

Repeat until all the pork is cooked. And enjoy!