

KATSU BURGERS

4-5 Servings

INGREDIENTS

1 Lbs. Ground beef
1 Egg, Lightly beaten
¼ Cup Grated yellow or white onion
⅓ Cup Panko
½ Cup Ketchup
½ Tbs Worcestershire sauce
½ Tbs Dried parsley
½ Tsp Dried thyme
¼ Tsp Garlic powder
½ Tsp Diamond Crystal kosher salt (Morton's is not the same...use less.)
½ Tsp Ground black pepper
3 Tbs. (heaping) Rice flour for batter plus more if necessary, use non-glutinous rice flour from Asian markets, Bob's Red Mill will seem gritty
Non-dairy substitute or milk (or water in a pinch) to form batter
Panko (Japanese style bread crumbs) for coating
Oil for frying, enough for about 1 inch deep
Sauce for serving: Enjoy as is or with store bought katsu sauce, A-1 or ketchup.

Or make your own sauce:

3 Tbsp Ketchup
~1-2 Tsp Worcestershire sauce
Adjust to your taste!

DIRECTIONS

Prepare the ground beef

Add ground beef to a medium sized mixing bowl and add lightly beaten egg. Peel and grate ¼ C onion and add to bowl. Add all the remaining ingredients listed. Mix all the ingredients together thoroughly.

Carefully make small slider sized patties using ~ ¼ Cup seasoned meat and place on a large plate. (approx. 15 patties total)

Make batter

Using a bowl, combine rice flour with non-dairy substitute or milk. Form a batter that is similar to a pancake batter in consistency. Use more liquid if necessary.

Coat meat patties

Dip one patty in the batter completely and coat with panko on all sides. Set aside on a separate plate. Be sure the patties do not touch and do not stack. Continue with the remaining patties.

Fry the panko covered patties

Heat the oil in the pot on medium high. The oil is ready when a piece of panko floats quickly to the surface and the oil bubbles quickly. When heated, add the patties to the oil, do not overcrowd. Let fry untouched to set the batter then check that patties are not stuck to the bottom. Let the pieces cook on one side before turning. The patty is done when the outside is golden and has browned evenly. (Remove any stray panko from the pot with a skimmer if necessary to prevent oil from forming a burnt flavor.) Place on a prepared cooling rack . Continue until all the patties are fried. Enjoy!