

Tonkatsu (Japanese Pork Cutlet)

<http://userealbutter.com/2011/09/21/japanese-tonkatsu-pork-cutlet-recipe/>
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1/4 head of cabbage, finely shredded (use mandoline or a good sharp knife)
4 1-inch thick center cut pork chops
1 cup all-purpose flour for dredging
salt and pepper to taste
1 egg beaten
1 cup panko (Japanese breadcrumbs)
oil for frying
Tonkatsu sauce

Soak shredded cabbage in a bowl of cold ice water for an hour. This prevents the cabbage from wilting and dilutes some of the stronger sulfur odors. Trim any fat or silverskin from the pork. Tenderize the cutlets until they are about 3/4-inch thick. I don't have a meat tenderizer, but Marc said you could use a chef's knife by striking the pork in a drumming motion across the surface and repeat at 90° from the first direction to create a crosshatch pattern. Season both sides of each piece of pork with salt and pepper, then dredge in flour. Pat the flour on to ensure a good distribution. Place the beaten egg in a shallow bowl and the panko crumbs in another shallow bowl next to it. Heat about 3/4-inch of oil in a heavy pan over medium-high heat. For each cutlet of pork, dip it in the egg to coat completely, then dip it in the panko to coat completely (both sides). Press panko onto the cutlet to make sure you get good adhesion. When the oil is hot (it should sizzle when you toss a panko crumb in), carefully place the crusted pork cutlet into the oil. Let fry until the bottom is golden brown and then turn the cutlet over to fry the other side. Marc actually measures the internal temperature of the pork to 137°F in the thickest section to determine when it's done. I just go by color of the cutlet. Remove the cutlet from the oil and set on a cooling rack or paper towels to rest for 5 minutes. Slice the tonkatsu or leave whole. Serve with drained cabbage, steamed rice, and some tonkatsu sauce. Serves 4.