

# Japan *I*food vol.16

Let's try out these famous and traditional must eat foods to satisfy your hunger!

Information: Lion Oriental Foods Co. and Loi's Eastern Supermart

## Japanese Recipes and Tips

## English Section

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### Japanese Recipe - 31

## Chicken Katsu (Chicken cutlet)

Chicken katsu is a Japanese recipe that is very easy to make. It is usually coated in Japanese Panko before being deep fried.



### Ingredients (Serves 3)

- 3 skinless, boneless chicken breast
- 2 tablespoons all-purpose flour
- 1 egg, beaten
- 150g Panko (bread crumbs)
- 6 tablespoon Daikon Oroshi
- 500ml oil for frying
- 50ml Katsu sauce (readymade or homemade)
- 1 Spring Onion
- Pinch of salt and pepper



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and Loi's Eastern Supermart

Just came back from an amazing trip to Japan for the first time. Japan is vast with different prefectures. Each prefecture has different people, food, surrounding and shopping. If anyone wants to go to Japan, don't be scared, just do it because it offers a very unique experience.

### Method

1. Rinse the chicken and pat dry with paper towel. Slice or pound to 1/2 thickness.
2. Put the chicken in a bowl and add salt, and pepper. Set aside for 15 minutes.
3. Coat the chicken with flour and remove excess flour. Then dip it in beaten egg.
4. Dredge the chicken in Panko until well coated on both sides.
5. Deep fry until both sides are golden brown on medium-heat, about 3-4 minutes per side. Then transfer to a wire rack or paper towel-lined tray to remove excess oil.
6. Put Katsu sauce, Daikon Oroshi and some finely chopped spring onions on top of Chicken Katsu.

### Panko (bread crumbs)

Panko is a type of breadcrumbs made from a special kind of white bread. Panko is lighter, crispier and airier than regular breadcrumbs. Because panko is lighter and flakier than regular breadcrumbs, it's perfect for fried foods, casserole toppings, binder or thickening.



### Daikon Oroshi (grated Daikon radish)

Daikon Oroshi goes well with oily or fatty food. Daikon Oroshi is a condiment, so it is not eaten on its own. It is either eaten with the main dish or it's mixed in with other seasonings. It enhances the flavors of dishes, as well as their health effects



Chicken Katsu can be eaten by itself or as a side dish with crispier elements like fried chips, or having crispy Katsu as Katsudon with rice and egg for a good combination.



Japanese groceries are available at Lion Oriental Foods Co. and Loi's Eastern Supermart.

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