

INGREDIENTS

TONKATSU SAUCE:

- 1.5 tablespoons ketchup
- 1 tablespoons worchestershire sauce
- ½ tablespoon oyster sauce
- ½ teaspoon miso, (optional)
- Pinch of sugar

PORK TONKATSU (4 chops):

- 4 thin-cut pork chops
- Kosher salt
- ½ cup all-purpose flour
- 2 large eggs
- ¾ cups panko bread crumbs

DIRECTIONS:

TO MAKE THE TONKATSU SAUCE: Mix together the ketchup, worchestershire, oyster sauce, miso and a pinch of sugar. You might need to use a whisk to make it completely smooth.

TO MAKE THE PORK:

1. Let's start by prepping the pork. I like to trim any fat off of the pork loin and discard it.
2. In a few shallow bowls or plates, add the all-purpose flour to one plate, the panko crumbs in another and in a shallow bowl, beat together the eggs. Create an assembly line of sorts in this order: flour, eggs and panko. I like to get a small plate or baking sheet to put them on when they're done.
3. Dip the first piece in the flour, pressing it onto the pork cutlet and then dusting off any excess. Transfer it to the beaten egg, allowing any excess to fall off. And then transfer it to the panko, pressing it into the onto the surface. Place on the baking sheet and repeat with the remaining cutlets.
4. Heat up about 3 inches of oil in a cast iron skillet or pan until it reaches 335 °F. Add the coated pork into the fryer and cook for about 3 minutes and then gently flip over and cook on the other side for 2 to 3 minutes, until medium golden brown, ensuring it is cooked to an internal temperature of 145 °F. Transfer to a cooling rack to drain. Repeat with the other pieces of pork.

TO ASSEMBLE THE LUNCH PLATE: Slice up the pork with a sharp knife and place atop some cooked rice. Drizzle with the tonkatsu sauce. Plate it with a side salad and Hawaiian Mac Salad.