How-To Make Katsudon

by Ryan Fang

Ingredients:

For the Katsu
Chicken tenderloin
Salt and pepper
All-purpose flour
1 egg
Panko breadcrumbs
Cooking oil

For Serving
Bowl of rice

For the Sauce
1 Tbsp chicken bouillon dissolved in ½ cup of water (alternatively, just ½ cup of chicken stock)
2 tsp sugar
2 tsp mirin
1 Tbsp soy sauce
½ white/yellow onion
2 eggs

Instructions:

1. Chop the green and yellow onions. Then set them aside.
2. Butterfly the chicken tenderloin and season with salt and pepper on both sides.
3. Separate 1 beaten egg, flour, and panko into 3 different plates. Start by lightly coating both sides of the chicken with flour and dusting off excess.
4. Then dip the chicken into the egg mixture ensuring there are no dry spots left.
5. Repeat with flour and egg, then finally place it down on the bed of panko breadcrumbs. Push down firmly and coat all sides.
6. Heat just enough oil to cover the chicken, in a pan on medium heat to about 340°F. If you don't have a thermometer, drop a breadcrumb into the oil. If bubbles start forming, then the oil is ready.
7. Gently place the chicken into the oil and cook for 2 minutes or until golden brown. Flip it over and cook for another 2 minutes, then place it on a paper towel or cooling rack.
8. While the chicken is resting, mix the chicken bouillon, water, sugar, mirin, and soy sauce in a small bowl. In another bowl lightly beat 2 eggs.
9. Add a small amount of oil to a pan on medium heat and sauté the yellow onions until they are lightly translucent.
10. Add the sauce to the onions and let it simmer for about 1 minute. Then chop the chicken into equal width pieces and place it on top of the onion/sauce mixture.
11. Pour the lightly beaten eggs over the chicken and garnish with green onions. Cover it for about 1 minute or just until the eggs are set. I aim for slightly runny consistency but cook them to your liking.
12. All that's left is to transfer the contents of the pan over to the rice bowl!