

Katsu Curry Recipe

This recipe provides instructions for making katsu curry with a rich, savory curry sauce and a crispy chicken cutlet, inspired by popular recipes.

Ingredients

For the curry sauce

- 1 tbsp oil
- 1 large yellow onion, chopped
- 2 carrots, chopped
- 1 large Yukon potato, chopped
- 2 garlic cloves, grated
- 1-inch piece of fresh ginger, grated
- 2 cups chicken or vegetable broth
- 1 tbsp Worcestershire sauce
- 2 tbsp honey
- 2 tbsp Japanese curry powder
- Salt and black pepper to taste

For the chicken katsu

- 2 boneless, skinless chicken breasts
- Salt and pepper, to taste
- 1/2 cup all-purpose flour
- 2 eggs, beaten
- 1 cup panko breadcrumbs
- Oil, for frying

To serve

- Steamed rice
- Fukujinzuke (Japanese pickles), optional

Instructions

Make the curry sauce

1. Sauté vegetables: In a large pot, sauté the chopped carrots, onion, potato, garlic, and ginger in oil over medium-high heat until the onion is translucent.
2. Add liquids and spices: Pour in the broth, Worcestershire sauce, and honey, then add the curry powder and stir.
3. Simmer: Bring to a boil, then simmer covered until the vegetables are tender.
4. Blend the sauce: Carefully blend the mixture until smooth and season with salt and pepper. Keep warm.

Prepare the chicken katsu

1. Prepare the chicken: Butterfly and pound chicken breasts to an even thickness, then season with salt and pepper.
2. Set up the breading station: Prepare three bowls with flour, beaten eggs, and panko breadcrumbs.
3. Bread the chicken: Coat each fillet in flour, then egg, and finally panko breadcrumbs, ensuring full coverage.
4. Fry the katsu: Fry the breaded chicken in hot oil over medium-high heat until golden brown and crispy. Drain excess oil on a wire rack.

Assemble and serve

1. Serve the dish: Place rice on a plate, slice the katsu into strips, and arrange it next to the rice.
2. Add sauce and garnish: Ladle warm curry sauce over the rice and katsu. Add fukujinzuke pickles if desired.
3. Enjoy!: Serve immediately while hot and crispy.