



Cook / Local Japan



Today's recipe
"Hamu-furai"
*Deep fried ham with crispy breadcrumbs.
It is a popular local dish in the southern part of Akita prefecture and has long been loved by children and adults alike.*

>> Serves: 2
>> 10 mins to prepare and 15 mins to cook
↓ Regular supermarket(R), Japanese grocery store(J)

Place / Prefecture
Akita → Why not visit the official tourism website (while eating this dish)?



| Available at | | ① Ingredients & Preparation | | |
|--------------------------|-----|-----------------------------|----------------------------|----------------------|
| <input type="checkbox"/> | R | enough to deep fry | oil | |
| <input type="checkbox"/> | R | 200g | block ham | cut into 5 mm slices |
| <input type="checkbox"/> | R | 50g | flour | |
| <input type="checkbox"/> | R | 1 | egg | beaten |
| <input type="checkbox"/> | R J | 70g | panko (breadcrumbs) | |

② Method

1 Half fill a deep pan with **oil** and heat to 180°C. Put **flour**, **egg** and **panko** into three separate bowls. Dust the ham with flour and shake off any excess. Dip it in the egg on both sides, then press into the panko, turning until coated all over.
Carefully drop the ham into the oil and deep-fry for 5 minutes until golden brown and rising to the surface. Drain on a rack.

| | | | | |
|--------------------------|-----|-------|-----------------------------|---|
| <input type="checkbox"/> | R J | 1tsp | Worcestershire sauce | Preferably from a Japanese manufacturer because it tastes a little different. |
| <input type="checkbox"/> | R J | 1tsp | soy sauce | |
| <input type="checkbox"/> | R | 1tsp | apple purée | |
| <input type="checkbox"/> | R | 1tbsp | water | |
| <input type="checkbox"/> | R | 30g | gem lettuce | |

↓

2 To make the sauce, mix the **Worcestershire sauce**, **soy sauce**, **apple purée**, and **water** in a cup. Serve the ham on plates and pour the sauce on them. Garnish with **gem lettuce**.