



Cook / Local Japan



Today's recipe "Boruga-raisu"

*Omelet rice with pork cutlets and demiglace sauce.
It is a popular dish in Echizen, a city in the north-central part of Fukui prefecture.*

>> Serves: 1
>> 15 mins to prepare and 30 mins to cook

↓ Regular supermarket(R), Japanese grocery store(J)

Place / Prefecture

Fukui

Why not visit the official tourism website (while eating this dish)?



Available at			Ingredients & Preparation	
<input type="checkbox"/>	R	J	200g	cooked Japanese short grain rice (sushi rice) (boiled)

⇒ 1 Preheat the **cooked rice**. (You can get cooked rice at Japanese grocery stores and some regular supermarkets.)
*Cook's tip: If you have dry rice, cook the rice as instructed on the packet first. Cooking 90g of dry sushi rice yields approximately 200g of cooked rice.

<input type="checkbox"/>	R		1tbsp	oil	
<input type="checkbox"/>	R		50g	onion	finely chopped
<input type="checkbox"/>	R		50g	pork sausage	finely chopped
<input type="checkbox"/>	R		1 tbsp	ketchup	
<input type="checkbox"/>	R	J	1 tbsp	Worcestershire sauce	Preferably from a Japanese manufacturer because it tastes a little different.
<input type="checkbox"/>	R		a pinch of	ground black pepper	

⇒ 2 Heat the **oil** in a pan over a low-medium heat, add the **onion** and **pork sausage** and fry them until the onion is brown. Then add the cooked rice, **ketchup**, **Worcestershire sauce** and **black pepper** and mix well and fry for a few minutes.
Serve in a plate while shaping the rice into an oval shape. Clean the pan.

<input type="checkbox"/>	R		1tbsp	oil	
<input type="checkbox"/>	R		2	egg	beaten

⇒ 3 Heat the oil in the pan over a medium heat, add the **egg** and fry thinly. When cooked, place on top of the rice.

<input type="checkbox"/>	R		enough to deep fry	oil	
<input type="checkbox"/>	R		150g	pork loin steak	cut a slit between the meat and the fat (to prevent the pork loin from warping)
<input type="checkbox"/>	R		a pinch of	salt	
<input type="checkbox"/>	R		a pinch of	ground black pepper	
<input type="checkbox"/>	R		50g	flour	
<input type="checkbox"/>	R		1	egg	beaten
<input type="checkbox"/>	R		100ml	milk	
<input type="checkbox"/>	R	J	70g	panko (breadcrumbs)	

⇒ 4 Half fill a deep pan with **oil** and heat to 180°C. Sprinkle the **pork** on both sides with **salt** and **ground black pepper**. Mix the **flour**, **egg** and **milk** in a bowl. Then dip the pork in the batter, then press into the **panko** in another bowl, turning until coated all over. Carefully drop the pork into the oil and deep-fry for 5 minutes until golden brown and rising to the surface. Drain on a rack. Then cut into 2 cm thick pieces and put on the omelet rice.

<input type="checkbox"/>	R		2 tbsp	water	
<input type="checkbox"/>	R	J	1 tsp	soy sauce	
<input type="checkbox"/>	R		1 tbsp	honey	
<input type="checkbox"/>	R	J	2 tbsp	Worcestershire sauce	Preferably from a Japanese manufacturer because it tastes a little different.
<input type="checkbox"/>	R		2 tbsp	Ketchup	
<input type="checkbox"/>	R		10g	Butter	
<input type="checkbox"/>	R		1 tsp	red wine	
<input type="checkbox"/>	R		20g	parsley	

⇒ 5 Put the **water**, **soy sauce**, **honey**, **Worcestershire sauce**, **ketchup**, **butter** and **red wine** together in another pan and simmer. Pour on the pork and around the omelet. Garnish with the **parsley**.