



# Cook Local Japan



## Today's recipe

### "Demi-katsu-don"

*Rice bowls with pork cutlets and a demiglace sauce. It is a very popular and satisfying dish in Okayama prefecture. Different restaurants have different sauces.*

>> Serves: 2

>> 15 mins to prepare and 20 mins to cook

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

## Place / Prefecture

Okayama

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



### Available at

### Ingredients & Preparation

<input type="checkbox"/>	R	J	400g	<b>cooked Japanese short grain rice (sushi rice)</b>	(boiled)
<input type="checkbox"/>	R		enough to deep fry	<b>oil</b>	
<input type="checkbox"/>	R		300g	<b>pork loin steak</b>	cut a slit between the meat and the fat (to prevent the pork loin from warping)
<input type="checkbox"/>	R		a pinch of	<b>salt</b>	
<input type="checkbox"/>	R		a pinch of	<b>ground black pepper</b>	
<input type="checkbox"/>	R		50g	<b>flour</b>	
<input type="checkbox"/>	R		1	<b>egg</b>	beaten
<input type="checkbox"/>	R		100ml	<b>milk</b>	
<input type="checkbox"/>	R	J	100g	<b>panko (breadcrumbs)</b>	
<input type="checkbox"/>	R		2 tbsp	<b>water</b>	
<input type="checkbox"/>	R	J	1 tsp	<b>soy sauce</b>	
<input type="checkbox"/>	R		1 tbsp	<b>honey</b>	
<input type="checkbox"/>	R	J	2 tbsp	<b>Worcestershire sauce</b>	Preferably from a Japanese manufacturer because it tastes a little different.
<input type="checkbox"/>	R		2 tbsp	<b>ketchup</b>	
<input type="checkbox"/>	R		10g	<b>butter</b>	
<input type="checkbox"/>	R		1 tsp	<b>red wine</b>	
<input type="checkbox"/>	R		20g	<b>parsley</b>	
<input type="checkbox"/>	R		100g	<b>sweetheart cabbage</b>	shredded
<input type="checkbox"/>	R		30g	<b>peas</b>	boiled

### Method

- 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 180g of dry sushi rice yields approximately 400g of cooked rice.
- 2 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.
- 3 Put the **water**, **soy sauce**, **honey**, **Worcestershire sauce**, **ketchup**, **butter** and **red wine** together in a pan and simmer.
- 4 Serve cooked rice into bowls and place the **cabbage** and then pork on top. Pour the sauce and toss the **peas** on top.