



Cook / Local Japan



Today's recipe

"Aizu Sosu-katsu-don"

Rice bowls with pork cutlets in a sweet and sour sauce with cabbage. It is a very popular and satisfying dish in the Aizu region, the central part of Fukushima prefecture.

>> Serves: 2

>> 15 mins to prepare and 20 mins to cook

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

Place / Prefecture

Fukushima

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



Available at

Ingredients & Preparation

<input type="checkbox"/>	R	J	400g	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 180g of dry sushi rice yields approximately 400g of cooked rice.

<input type="checkbox"/>	R		enough to deep fry	oil	
<input type="checkbox"/>	R		300g	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)	

⇒ 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.

<input type="checkbox"/>	R	J	4 tbsp	Worcestershire sauce	Preferably from a Japanese manufacturer because it tastes a little different.
<input type="checkbox"/>	R		1 tbsp	ketchup	
<input type="checkbox"/>	R	J	2 tbsp	mirin	
<input type="checkbox"/>	R		1 tbsp	sugar	
<input type="checkbox"/>	R	J	1tsp	Japanese grain vinegar	
<input type="checkbox"/>	R	J	1/2 tbsp	soy sauce	
<input type="checkbox"/>			4 tbsp	water	

⇒ 3 Put the **Worcestershire sauce**, **ketchup**, **mirin**, **sugar**, **Japanese grain vinegar**, **soy sauce** and **water** together in a pan and simmer. Toss the pork in the sauce and cut into 1.5cm slices.

<input type="checkbox"/>	R		100g	sweetheart cabbage	shredded
--------------------------	---	--	------	---------------------------	----------

⇒ 4 Serve cooked rice into bowls and place the **cabbage** and then pork on top.