

Treasure Barrel

Crispy Chicken Katsu with Tonkatsu Sauce

25 min Prep time	**10 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Japanese** Cuisine

Ingredients

Chicken and Breading

- [ ] 4 boneless skinless chicken breasts, sliced into 1/2-inch thick cutlets
- [ ] 1 cup all-purpose flour
- [ ] 1 teaspoon salt
- [ ] 1/2 teaspoon black pepper
- [ ] 2 large eggs, beaten
- [ ] 2 cups panko breadcrumbs
- [ ] Oil for frying (vegetable or canola)

Tonkatsu Sauce

- [ ] 1/4 cup ketchup
- [ ] 2 tablespoons Worcestershire sauce
- [ ] 2 tablespoons soy sauce
- [ ] 1 tablespoon honey
- [ ] 1 teaspoon mirin
- [ ] 1 teaspoon sugar

Serving and Garnish

- [ ] 1 cup cooked jasmine rice
- [ ] Optional toppings: sliced green onions, sesame seeds, shredded cabbage

Initial Marinade

- [ ] 1 tablespoon soy sauce
- [ ] 1 tablespoon mirin
- [ ] 1 teaspoon sugar

Instructions

1. Let's start with the sauce. In a small bowl, whisk together your ketchup, Worcestershire sauce, soy sauce, honey, mirin, and sugar. I like to set this aside early so the flavors have a moment to get to know each other.

2. Now, take those sliced chicken cutlets and pat them dry with paper towels. Honestly, this is the secret to a good crust. Just season both sides lightly with salt.

3. Time to set up your breading station. Use three shallow dishes: flour in the first, those beaten eggs in the second, and your panko breadcrumbs in the third. It just makes everything so much smoother.

4. Take each chicken piece and dredge it in flour, shaking off the excess—you don't want a thick paste here. Dip it into the eggs, and then coat it thoroughly with panko. Give it a gentle press to make sure the crumbs really stick.

5. Heat about 1/2 inch of oil in your skillet over medium–high heat. You're looking for that shimmer, which usually happens around 350°F/175°C.

6. Carefully lay the coated chicken into the hot oil. Fry them for about 3–4 minutes per side. You want a beautiful golden brown color and an internal temperature of 165°F (74°C).

7. Move the katsu onto paper towels to drain. Well, let them rest for about 2 minutes—it keeps the juices inside—then slice them into strips.

8. Scoop your warm jasmine rice into bowls and lay the sliced katsu right on top. Drizzle over a generous amount of that tonkatsu sauce we made earlier.

9. Finish it off with those optional toppings—green onions, sesame seeds, or some shredded cabbage for a little bit of fresh crunch.

10. And that's it! Enjoy it immediately while it's still hot and that crust is perfectly crispy.

Nutrition per serving

580 kcal	38 g	42 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- Pressing the panko gently helps the breadcrumbs adhere and keeps the crust from falling off.
- Double-coating the chicken (flour, egg, panko, egg, panko) creates an even crunchier surface.
- Keep an eye on your oil; too hot and the outside burns before the middle is done, too cool and it gets greasy.