

Japanese Breaded Pork Cutlets (Miso Katsu)



Serves	6
Prep time	40 minutes
Cook time	40 minutes
Total time	1 hours, 20 minutes
Allergy / Intolerance	Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	Amines Challenge , RPAH Elimination Diet - High Chemical
Meal type	Main Dish
Misc	Child Friendly , Pre-preparable , Serve Cold , Serve Hot
Region	Japanese

Ingredients

- 8 pork medallions (boneless chops, 1-2 inch thick)
- Salt (to season)
- 2 tablespoons plain white flour
- 2 Large eggs
- 4 teaspoons water
- 2 cups home made bread crumbs (Refer to recipe)
- Rice bran oil (for frying)

For serving:

- 3 cups green cabbage (finely shredded)
- 2 cups uncooked rice
- Failsafe Foodie's Magic sauce (Refer to recipe)

Directions

1. Beat the eggs with the cold water in a bowl large enough to dip the pork medallions. Set aside
2. Lay each piece of pork between two sheets of plastic wrap and use the flat side of a meat tenderiser to flatten it to about 8mm thick. Season both sides with salt and set aside.
3. Heat 1.5cm of oil in a large frying pan or wok until it reaches 190°C.
4. While the oil is heating lightly dust each piece of pork with the flour, then dip into the egg wash and then coat well with the bread crumbs.
5. Fry the chops two at a time for about three minutes, then turn over and fry for another 3 to 4 minutes, until they are golden brown. Drain on a wire rack and repeat with the remaining chops. The chops can be kept warm by placing them in a low (80°C) oven while the remaining chops are cooked.
6. While the chops are cooking, cook the rice.
7. To serve, slice the cutlets into 1 cm strips. Place the cabbage on the bottom of a large serving bowl and lay the cutlets on top and drizzle with Failsafe Foodie's Magic Sauce. Serve with the rice.

Note

Low Salicylates, Low Glutamates, High Amines

Leftovers taste great cold the next day.

The word "Katsu" refers to any deep-fried meat cutlet coated with flour, egg, and bread crumbs. I haven't tried making these variations yet, but the same method and ingredients can be used to make:

- Chicken katsu, which uses chicken fillets instead of pork.
- Menchi katsu, which is a minced meat patty, breaded and deep fried.

Refer here for the recipes for [Bread Crumbs](#) and [Failsafe Foodie's Magic Sauce](#).