



Pork Tonkatsu Recipe

Preparation Time	15
Cooking Time	50
Serving Size	10

Ingredients:

- 1 kg pork, loin, boneless-skinless, cut into 1/2-inch thick
- 3 packs DEL MONTE Quick 'n Easy Breeding Mix (75g)
- 3 pcs egg, beaten
- 2 1/2 cups breadcrumbs
- 2 cups oil, for deep-frying

FOR THE SAUCE

- 1/2 cup DEL MONTE Original Blend Ketchup (320g)
- 2 Tbsp worcestershire sauce
- 1 Tbsp KIKKOMAN Standard Grade Soy Sauce (100ml)
- 1 Tbsp mirin
- 1/4 tsp garlic powder

Preparation:

1. Dredge pork slices in DEL MONTE Quick n Easy Breeding Mix, egg, and bread crumbs. Deep-fry until golden brown and then cut into strips. Serve with the tonkatsu sauce.
2. Combine all ingredients for the sauce. Mix well.

Chef's Tip

The secret to tonkatsu is having a thin crispy crust. Tap off excess flour, egg, and breadcrumbs to make sure the crust does not get too thick and bready

Lusog Notes

This dish contains protein needed for the growth, development, and repair of body tissues. Protein also provides energy for the body.

Cooking Skills Needed

- Deep Frying
- Baking

Cooking Tools

- Casserole
 - Measuring Spoon
 - Chopping Board
 - Pot
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