



## Tonkatsu Sauce Recipe

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Preparation Time	5
Cooking Time	5
Serving Size	5

### Ingredients:

- 1 cup DEL MONTE Original Blend Ketchup (320g)
- 1/4 cup worcestershire sauce
- 1/3 cup garlic, crushed
- 2 tsp sugar, white
- 1/4 tsp pepper, black
- 1/4 cup water

### Preparation:

1. In a sauce pan, combine all ingredients and mix well. Bring to a boil then simmer for 2 minutes, stirring occasionally. Serve with breaded chicken cutlets.

### Chef's Tip

The sauce should have a nice consistency, not too watery and not too thick. The sauce should be able to coat the back of a spoon.

### Lusog Notes

This low-fat dip contains garlic. Studies show that garlic may help lower blood pressure and may help reduce risk factors for heart diseases.

### Cooking Skills Needed

- Mixing

### Cooking Tools

- Chopping Board
- Measuring Cups
- Measuring Spoon
- Spatula