



CHICKEN KATSU CURRY BY FIONA UYEMA



Ingredients

For the chicken katsu (breaded chicken breast)

- 2 chicken breasts
- Flour for coating
- 1 egg, beaten
- Panko, for coating
- Vegetable oil, for frying

For the curry sauce ready-made curry roux or

- 2 tablespoons butter
- 2 tablespoons pure apple juice
- 1 tablespoon rapeseed oil
- 2 teaspoons garam masala
- 4 teaspoons curry powder
- 2 teaspoons soy sauce
- 2 teaspoons Worcestershire sauce
- 2 teaspoons tomato ketchup
- ¼ teaspoon cayenne pepper (optional, to add spice)
- 3 tablespoons plain flour

To serve

- Boiled rice
- Beni shoga (red pickled gin)

Method

Melt the butter on a low heat in a saucepan, then add all the ingredients except the flour and mix well. Continue to cook on a low heat for 10 minutes to bring out the flavours of the spices. Add the flour and mix well to make the curry roux (the roux can be prepared and stored in the fridge a few days or week in advance). Add cold water to the roux and mix well with a whisk before turning the heat to medium and cooking for about 10 minutes or until the sauce thickens to your liking (continue to stir while cooking).

To make the chicken katsu (breaded chicken breast) (takes about 15 minutes):

Cut the chicken breasts into a butterfly cut (this will allow the chicken to cook through faster in the oil).

Prepare the flour, beaten egg and panko on three separate plates. Then coat the chicken breasts in flour, dip in the beaten egg and cover in panko.

Heat enough oil for deep-frying in a heavy-based saucepan to 170°C. To check if the oil is hot enough, place a bit of panko into the oil. If it's the right temperature the panko will rise to the top of the oil, sizzle and fry but not brown immediately.

Gently place the breaded chicken breasts into the oil. Fry for a few minutes until the panko turns a nice golden brown colour and then turn over and fry for another few minutes.

Remove from the oil and place on kitchen paper.

Cut into thick slices while still hot.

Serve on a plate with the boiled rice, curry sauce and beni shoga.

Notes

You can find ingredients such as panko breadcrumbs and beni shoga in the World food aisle of larger supermarkets or in Asian supermarkets.