Chicken Katsu

Prep 20 min | Cook 20 min | Total 45 min | Serves 4



INGREDIENTS

- 1 1/2 lb (680 g) boneless skinless chicken breasts
- 1/2 tsp (3 g) fine salt
- 1/4 tsp (0.5 g) black pepper
- 1/2 cup (60 g) all-purpose flour
- 2 eggs, beaten
- 1 1/2 cups (90 g) panko
- 2 cups (480 ml) neutral oil for shallow frying
- 3 tbsp (45 g) ketchup
- 1 tbsp (15 ml) alcohol-free soy-style seasoning
- 1 tsp sugar

COOKING NOTES

Use plain panko and the specified neutral frying oil. Keep flour, egg and breadcrumbs used for raw chicken separate from the dipping sauce; discard any breading ingredients that touched raw chicken.

SERVING SUGGESTION

Serve four portions of chicken katsu. Pair with rice and cucumber, keeping sauce separate until serving.

DONENESS CHECK

Check the thickest center of each chicken portion with a food thermometer: it must reach 165°F (74°C). Keep the probe away from bone. Cooking time and color alone cannot confirm safety.

HOW TO COOK CHICKEN

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METHOD

1. Make four 1/2-inch chicken cutlets and season.

2. Prepare separate shallow dishes of flour, eggs and panko.

3. Coat chicken in flour, then egg, then panko, pressing lightly.

4. Heat frying oil to 340°F (170°C) in a deep skillet; fry cutlets in batches 4-6 minutes per side until golden and 165°F (74°C).

5. Drain on a rack. Mix ketchup, soy-style seasoning and sugar for dipping; slice and serve.

TIPS

- Keep the oil temperature steady between batches.

- Prepare all measured ingredients before heating the pan.

- Use a thermometer to avoid guessing doneness.

STORAGE, FREEZING & REHEATING

Refrigerate: Refrigerate in shallow covered containers within 2 hours, or within 1 hour above 90°F (32°C). Store at 40°F (4°C) or below and use within 3-4 days. Keep fresh vegetables and garnishes separate.

Freeze: Freeze cooked chicken separately from fresh garnishes in airtight portions at 0°F (-18°C) for up to 2 months for best quality. Thaw overnight in the refrigerator. Freeze breaded chicken without dipping sauce; sauce separately.

Reheat: Reheat on a tray in a 350°F (175°C) oven until the thickest chicken center reaches 165°F (74°C). Reheat dipping sauces separately; uncovered breaded chicken stays crisper.