



Oûchigohan!
おうちごはん!



Menu: Spicy Edamame, TofuKatsu or TonKatsu, Katsu Sando with Creamy Cabbage Slaw

Ingredients & Shopping List

This will be a busy class! Please see preparation notes. This will help facilitate our activities during class. Debra Sensei will demonstrate how to make a katsu sando with spicy cabbage slaw. Cooking along is voluntary!

For Katsu (Tofu and/or Pork)

- For Tofu: 1 block firm tofu
- For Pork cutlet: 2 pork cutlets (no bones) about 1-inch thick (loin or fillet)
- 2 eggs
- 1 cup flour
- 2-3 cups Japanese panko (large breadcrumbs)
- Salt and pepper
- 1 cup cooking oil
- 3 cups shredded cabbage (prepared bags of cole slaw are very convenient)
- 2-3 teaspoons Japanese karashi dry powdered or tube OR Colman's or English hot mustard

For Katsu Sando

- 2 slices soft white bread
- 1 leaf soft leaf lettuce
- 2 tablespoons mayonnaise
- 1 teaspoon soy sauce
- Dash of raiyu, sriracha or hot sauce



For the katsu sauce, you can purchase tonkatsu sauce or make your own

- ½ cup ketchup
- 1-2 tablespoons Worcestershire sauce
- 2-3 tablespoons grated apple or juice
- 1 teaspoon soy sauce
- 1 tablespoon water

For Edamame

- 1-2 cups edamame in the pod
- 2 cloves garlic
- ¼ teaspoon hot pepper flakes
- 1-2 teaspoons soy sauce
- 2 teaspoons sesame oil

PLEASE PREPARE BEFORE CLASS

- 2 cups hot cooked Japanese rice (this will go with the katsu as part of your meal)
- 3 cups shredded cabbage (pre-packaged shredded cabbage for cole slaw works)
- Cook the edamame in salted water for about 3 minutes, drain.
- **If using tofu:** Drain the Tofu: Wrap the tofu in 2 layers of paper towel. Place on a plate & place cutting board on top of wrapped tofu. Let stand about 30 minutes. Discard the liquid. Unwrap the tofu. Cut into 4 slabs. Cut each slab into thirds.
- **For Equipment:**
 - 1 shallow bowl for the eggs, 1 plate for the breadcrumbs
 - Plastic wrap for the sandwich
 - 1 frying pan for the katsu
 - 1 frying pan for the edamame
 - Bowl for mixing spicy slaw, if making and tonkatsu sauce

Tofu Katsu – Fried Tofu Cutlet (Serves 2)

- 1 block firm or extra firm tofu (other textures are not suitable), drained (see ingredient list for instructions)
 - 2 eggs
 - ½ cup flour
 - 1½ - 2 cups panko
 - 1 cup canola oil
 - Salt and pepper
 - ½ small head green cabbage, shredded or 1 bag prepared cole slaw mix (you will not be using the dressing)
 - ½ cup Homemade Tonkatsu Sauce or ½ cup Bulldog Tonkatsu Sauce
 - English style yellow mustard (karashi) for dipping
1. To Prepare: Break and lightly beat 2 eggs in a shallow plate. Set up two other dishes with *panko* and flour.
 2. Place the drained tofu on a cutting board. Cut into 3 slabs. Cut each slab into 3 pieces. Have on hand a baking sheet with a wire rack set on top.
 3. Sprinkle the tofu with salt and pepper.
 4. Dip tofu into flour first, coating both sides. Then dip it into the egg and finish with a thick coating of *panko*. Set breaded tofu on a plate. Repeat with remaining slices.
 5. Add the oil to a large skillet and heat over medium heat for about 1 minute. Add the cutlets and cook for about 1 minute, or until one side is lightly browned. Turn the cutlets over with a pair of tongs or a spatula and fry for an additional 1 minutes. Cook for an additional minute on each side. Total time should be about 4-5 minutes. Place the finished cutlets on the wire rack to drain.
 6. Place shredded cabbage on a plate. Set the sliced cutlets in front of the cabbage. Drizzle on the Tonkatsu Sauce. Serve with yellow mustard (if using) extra sauce for dipping on the side.

Tonkatsu – Fried Pork Cutlet (Serves 2)

- 2 eggs
- ½ cup
- 1 flour
- 1½ - 2 cups panko, Japanese style breadcrumbs
- 1 cup canola oil
- 2 boneless pork cutlets (about 1½ inches thick)
- Salt and pepper
- ½ small head green cabbage, shredded (about 2-3 cups) or 1 bag prepared cole slaw mix (we will not use the dressing)
- ½ cup homemade Tonkatsu Sauce or ½ cup Bulldog Tonkatsu Sauce
- English style yellow mustard (karashi) for dipping (optional)

1. To Prepare: Break and lightly beat 2 eggs in a shallow plate. Set up two other similar sized dishes and your panko and flour in each one.
2. Lay the pork cutlets on a cutting board. With the blade of a knife lightly chop the surface of the cutlets. Turn the cutlets over and do the same thing on the other side. This will help the cutlets to cook evenly. Have on hand a baking sheet with a wire rack set on top.
3. Sprinkle the cutlets with salt and pepper.
4. Dip a cutlet into the flour first, coating both sides. Then dip it into the egg and finish with a thick coating of panko. Set the breaded cutlet on a plate. Repeat with the remaining cutlet.
5. Add the oil to a large skillet and heat over medium heat for about 1 minute. Add the cutlets and cook for about 2 minutes, or until one side is lightly browned. Turn the cutlets over with a pair of tongs or a long fork and fry for an additional 2 minutes. Cook for an additional minute on each side. The total time will depend on the thickness of the cutlet. The cutlet is done when the center is no longer pink. Total time should be about 8-10 minutes. Place the finished cutlet on the wire rack.
6. When the cutlets cool slightly, slice each cutlet diagonally into about 6 pieces.
7. Place shredded cabbage on a plate. Set the sliced cutlet in front of the cabbage. Drizzle Tonkatsu Sauce onto cutlet. Serve with extra sauce for dipping on the side.

Savory Sweet Sauce

- 1/2 cup ketchup
- 1-2 tablespoons Worcestershire Sauce
- 1/2 apple, grated or 2 tablespoons apple juice
- 1 teaspoon soy sauce

1. Mix ingredients in a bowl. Serve with pork or tofu cutlets

Spicy Edamame

- 2 cups boiled edamame in the pod
- 1 tablespoon canola oil
- 1-2 cloves garlic, minced
- ¼ teaspoon dried red pepper to taste or dash of raiyu, or Sriracha
- 1 teaspoon soy sauce
- Sesame oil, to taste

1. Heat oil in frying pan. Add garlic and dried red pepper. Cook for 30 seconds.
2. Add the cooked edamame in the pod. Stir fry for 1 minute.
3. Add the soy sauce. Stir fry another 30 seconds. Turn off the heat.
4. Drizzle on sesame oil.



Tofu Katsu or Ton Katsu Sando

- Thick, soft sliced white bread
- Tofu or pork cutlet
- Katsu Sauce
- Plain or spicy shredded cabbage slaw (optional)
- 1 cup cabbage, mayo and karashi or English Mustard, sugar

1. Lay out an 8-inch piece of plastic wrap on a cutting board. Place 2 slices of bread on the plastic wrap.
2. Spread a thin layer of Katsu sauce on top of each slice.
3. Add a cutlet to one slice of bread. Top with cabbage or spicy slaw.
4. Top with the other slice of bread. Press down firmly. Slice off the crusts. Cut sandwich in half.