

Recipes

By
Delaware

FULL MEAL RECIPE FEATURING PORK KATSU CURRY WITH TONKATSU NUGGETS

SALAD COURSE: CUCUMBER AND SEAWEED SALAD

INGREDIENTS:

1 cucumber, thinly sliced
1 cup dried seaweed (wakame), rehydrated
2 tablespoons rice vinegar
1 tablespoon soy sauce
1 teaspoon sesame oil
1 teaspoon sesame seeds
Salt to taste

PREPARATION:

In a bowl, combine the cucumber and rehydrated seaweed.

In a separate small bowl, whisk together rice vinegar, soy sauce, sesame oil, and salt.

Pour the dressing over the cucumber and seaweed, tossing to combine.

Sprinkle sesame seeds on top.

Presentation: Serve in a chilled bowl, garnished with additional sesame seeds.

ENTREE: PORK KATSU CURRY WITH TONKATSU NUGGETS

INGREDIENTS:

2 boneless pork chops
Salt and pepper to taste
1 cup all-purpose flour
2 eggs, beaten
2 cups panko breadcrumbs
Vegetable oil for frying
1 onion, diced
2 carrots, sliced
2 potatoes, diced
3 cups chicken or vegetable broth
2 tablespoons curry powder
1 tablespoon soy sauce
1 tablespoon honey
Cooked rice for serving

PREPARATION:

Season pork chops with salt and pepper. Dredge in flour, dip in beaten eggs, and coat with panko breadcrumbs.

Heat vegetable oil in a pan over medium heat. Fry the pork until golden brown and cooked through. Drain on paper towels.

In another pot, sauté onions until translucent. Add carrots and potatoes, cooking for a few minutes.

Pour in broth, curry powder, soy sauce, and honey. Simmer until vegetables are tender.

Slice the fried pork and serve over rice, topped with the curry sauce.

Presentation: Serve the sliced Tonkatsu over a mound of rice, drizzled with curry sauce, and garnish with chopped green onions.

SUGGESTED SIDE DISHES

1. STEAMED BROCCOLI

INGREDIENTS:

1 head of broccoli, cut into florets

Salt and pepper to taste

Lemon wedges for serving

Preparation:

Steam broccoli florets until tender, about 5-7 minutes.

Season with salt and pepper.

Presentation: Serve on a plate with lemon wedges on the side.

2. JAPANESE PICKLES (TSUKEMONO)

INGREDIENTS:

1 cup assorted vegetables (carrots, radishes, cucumbers)

1 tablespoon salt

1 tablespoon rice vinegar

1 teaspoon sugar

Preparation:

Toss vegetables with salt and let sit for 30 minutes.

Rinse and mix with rice vinegar and sugar.

Presentation: Serve in a small dish as a colorful side.

DESSERT: MATCHA GREEN TEA ICE CREAM

INGREDIENTS:

2 cups heavy cream

1 cup sweetened condensed milk

2 tablespoons matcha green tea powder

1 teaspoon vanilla extract

PREPARATION:

In a bowl, whisk together heavy cream, condensed milk, matcha powder, and vanilla until smooth.

Pour into an ice cream maker and churn according to the manufacturer's instructions.

Freeze until firm.

Presentation: Scoop into bowls and garnish with a sprinkle of matcha powder.

WINE PAIRING

Suggested Wine: Kaiken Ultra Malbec Red Wine

This wine's rich flavors will complement the savory notes of the Pork Katsu Curry beautifully.