



KATSU STYLE LAMB CUTLETS WITH A SUMMER SLAW & TONKATSU SAUCE

by Tim Bone

SERVES: 4

INGREDIENTS

8 LAMB CUTLETS
2 CUPS CANOLA OIL

FOR THE COATING

1/2 CUP PLAIN FLOUR
1 TSP CHINESE FIVE SPICE
1 TSP SZECHUAN PEPPERCORN, GROUND
1 TSP SALT
2 EGGS
190G PACK OF PANKO BREAD CRUMBS

FOR THE SLAW

2 CUPS OF SHREDDED WOMBOK CABBAGE
1 CUP SPRING ONION, SLICED
1 CARROT, PEELED AND GRATED
1/2 TOASTED SESAME SEEDS
1/2 CUP KEWPIE MAYO
1 TSP SESAME OIL
1/4 TSP CHILLI FLAKES
SALT AND PEPPER TO SEASON

FOR THE TONKATSU SAUCE

1/2 CUP KETCHUP
1/4 CUP WORCESTERSHIRE SAUCE
1/4 CUP OYSTER SAUCE
4 TSP WHITE SUGAR

METHOD

1. TO CRUMB THE CUTLETS, PLACE FLOUR, FIVE SPICE, SZECHUAN PEPPER AND SALT IN A BOWL. IN 2 SEPERATE BOWLS, PLACE THE EGGS IN ONE AND WHISK LIGHTLY WITH A FORK. PLACE THE PANKO CRUMBS IN THE OTHER.
2. ONE AT A TIME, PLACE THE LAMB CUTLETS FIRST IN TO THE FLOUR TO COAT, THEN INTO THE EGG, THEN INTO THE PANKO CRUMB. PLACE CRUMBED CUTLETS ONTO A LINED BAKING TRAY. PLACE IN THE FRIDGE FOR AT LEAST 30 MINUTES HOWEVER CAN BE DONE THE DAY BEFORE. DOING SO WILL HELP THE COATING TO STICK BEFORE FRYING.
3. IN A LARGE FRYING PAN, ADD THE CANOLA OIL AND HEAT OVER MEDIUM HEAT OR THIS COULD BE DONE IN AN AIR FRYER OR DEEP FRYER. WHEN THE OIL IS HOT, YOU CAN TEST WITH A PIECE OF BREAD AND IF IT SIZZLES YOU'LL KNOW IT'S HOT ENOUGH TO FRY. COOK THE LAMB CUTLETS IN BATCHES FOR 2 MINUTES EITHER SIDE UNTIL CRISPY AND GOLDEN. THE LAMB WILL STILL BE BEAUTIFUL, PINK AND TENDER ON THE INSIDE. REMOVE ONTO A PAPER TOWEL COVERED PLATE.
4. FOR THE SLAW, SIMPLY MIX ALL INGREDIENTS TOGETHER IN A BOWL.
5. FOR THE SAUCE, AGAIN, MIX ALL INGREDIENTS TOGETHER IN A BOWL.
6. TO SERVE, PLACE CUTLETS AND SLAW ON A SERVING PLACE OR BOARD AND SERVE SAUCE IN A RAMEKIN FOR DIPPING.
7. FINISH THE CUTLETS WITH A SPRINKLE OF SALT AND EXTRA TOASTED SESAME SEEDS