



Chicken Katsu Curry

Serves 4

Ingredients

- 2 large chicken thighs, boned and skinned
- 400 ml milk
- 100 g plain flour
- 2 eggs, beaten
- 150 g panko breadcrumbs, a Japanese breadcrumb that is flaky, so it does not soak up oil and remains crispy
- 1 tbsp soy sauce

For the curry sauce

- 50 g butter
- 1 large carrot, chopped into rough 1 cm cubes
- 1 onion, roughly chopped
- 4 cloves of garlic, chopped
- A large piece of ginger, chopped, about a thumb sized piece
- 2 tbsp curry powder
- 1 tbsp honey
- 1 tbsp ketchup
- 1 tbsp miso paste
- 1 tbsp soy sauce

700 ml chicken stock
2 tbsp mild curry powder

Step 1

Cut each chicken thigh in half lengthways, creating four fillets. Place each fillet between two sheets of baking parchment and beat with a rolling pin to even out the thickness.

Step 2

Pour the milk into a bowl and season with a large pinch of salt, then add the chicken thighs. Cover and leave in the fridge for at least 20 minutes or for up to 24 hours. The longer the chicken is left in the milk, the more succulent it will be.

Step 3

When ready to coat the chicken, place the flour, eggs and breadcrumbs into three separate bowls. Season the flour and stir the soy sauce into the eggs. Remove one chicken fillet from the milk and coat it in the flour, then dip into the egg and coat in the breadcrumbs. Place on a plate and repeat with the remaining chicken.

Step 4

To make the curry sauce, heat the butter in a saucepan and sauté the carrot and onion for five minutes. Add the garlic and ginger and cook for a few minutes more. Stir in the curry powder and cook for one minute, then add the honey, ketchup, miso paste and soy sauce to create a sticky paste. Cook for a further minute, then pour in the chicken stock. Cover and simmer for 20 minutes, until the carrot is soft. Transfer the sauce to a blender and blitz until completely smooth, or use a hand blender. Season to taste. This sauce can be made up to three days ahead and chilled, or frozen for up to three months.

Step 5

To cook the katsu, these are traditionally shallow fried over a low heat in oil for three to four minutes. We prefer a healthier option and bake them in the oven for 20 minutes. Panko breadcrumbs work particularly well when baking.

Serve with steamed rice and enjoy.