



JAPANESE

Gyukatsu

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	2	20 min	10 min	Deep-fry	Tenderloin

Ingredients

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| <ul style="list-style-type: none">• 2 beef tenderloin steaks, about 180 g (6½ oz) each and 2.5 cm (1 in) thick• ¾ tsp salt• ¼ tsp black pepper• 4 tbsp all-purpose flour• 1 egg, beaten• 60 g (1 cup) panko breadcrumbs• Neutral oil, for frying, about 750 ml (3 cups) | TO SERVE <ul style="list-style-type: none">• Shredded cabbage• Steamed rice and miso soup• Karashi mustard (or English mustard)• Tonkatsu sauce or soy sauce with grated wasabi• Flaky salt |
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Steps

1. Take the steaks out of the fridge 15 minutes ahead. Pat them very dry and season both sides with the salt and pepper.
2. Set up three plates: flour, beaten egg, and panko. Dredge each steak in flour, shaking off the excess, then in egg, then press firmly into the panko so it is thickly coated on all sides.
3. Pour oil into a deep pot or wok to a depth of about 5 cm (2 in) and heat to 190°C (375°F). A panko crumb should sizzle immediately and float.
4. Carefully lower one steak into the oil and deep-fry for 45–60 seconds per side, until the crust is deep golden. The beef stays rare inside, so keep this brief. Fry the second steak the same way.
5. Lift out with tongs and stand on a wire rack for 2 minutes. Resting lets the juices settle without cooking the beef any further.
6. Cut each steak into 1.5 cm (½ in) slices with a sharp knife, using a sawing motion that does not crush the crust.
7. Serve with cabbage, rice and the dips. Dab the slices in mustard and sauce, or salt and wasabi.

Notes

- **Table grill:** in Japanese restaurants a small hot stone is provided so you can cook each slice a little more; a hot skillet works for anyone wanting it medium.
- **Crust:** chill the breaded steaks for 10 minutes to help the coating cling.
- **Safety:** the rare centre isn't advised for pregnant people, young children, older adults or anyone immunocompromised; fry longer or cook to 63°C (145°F) for them.
- **Beef quality:** because the centre stays rare, buy a good-quality, fresh tenderloin.
- **Twist:** dip the slices in grated daikon and ponzu for a lighter, citrusy take on the usual sauce.