

Jason Pettit – Capital Radio Recipe



Cheats Chicken Katsu Curry

This is a quick version of the classic Japanese comfort food favourite. Baked crispy chicken breast with seasoned rice and a creamy, mildly spiced coconut curry sauce – yummy!

Ingredients

4	each	chicken breasts	(150gm each approx.)
4	Tbsp	flour	
¼	Tsp	garlic powder	
¼	Tsp	cumin powder	
2	each	eggs + 2 Tbsp water	(mixed together)
1	cup	Panko breadcrumbs	(100gms approx.)
		salt & black pepper	
2	Tbsp	vegetable oil	
		<u>Sauce</u>	
1	Tbsp	vegetable oil	
1	med	onion	(peeled & diced)
2	lg	garlic cloves	(peeled & diced)
25	gram	ginger	(peeled & diced)
1	med	carrot	(peeled & diced)
2	Tbsp	curry powder	(heaped, medium spice)
2	Tbsp	flour	(heaped)
400	ml	chicken stock	
100	ml	coconut milk	
1	Tbsp	mango chutney	
		<u>Japanese Rice</u>	
300	gram	Japanese rice	(rinsed until clear)
350	ml	water	(room temp.)
2	Tbsp	rice wine vinegar	
2	Tsp	caster sugar	
1	pinch	salt	

Garnish

Sliced red onion, picked coriander leaves & sliced red chilli pepper

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Method

Cover the rinsed rice with twice the volume of water and soak for at least 30 minutes and then drain.

Place rice and the measured water into a pan and a pinch of salt.

Bring to a simmer, reduce heat to low and cover with a tight-fitting lid.

Mix the vinegar, sugar and salt until the grains have dissolved.

Once the rice is just cooked, quickly drizzle over the vinegar mix and cover with the lid again – set aside for 10 minutes. Fluff with a fork.

Bash the chicken breasts to a thickness of 8mm.

Mix flour with garlic & cumin powder and lightly season.

Dip each breast in seasoned flour (shake off excess), then the beaten egg then the panko crumb – press firmly to ensure even coating.

Place onto a baking tray lined with baking paper then drizzle the oil over.

Place into an oven pre-heated to 180°C and bake for 18 – 24 minutes turning once, halfway through the cooking.

Blend the chopped onion & carrot until very fine / smooth – set aside.

Blend the chopped garlic and ginger to a smooth paste / puree (add a little onion if needed).

Pre-heat a pan over a medium high heat and add the oil.

Add the blended onion / carrots and sauté until aromatic and softened.

Add the blended garlic and ginger and sauté until fragrant.

Add the curry powder and sauté for a minute and then stir in the flour.

Sauté for a minute and then add the stock. Bring to the boil for 1 minute.

Reduce the heat to a simmer and add the coconut milk – whisk and cook until you can no longer taste the flour and the consistency is of thick pouring custard.

Taste and adjust the seasoning.

Place a mound of rice onto each plate, add a chicken breast then spoon over some sauce and garnish. Serve with remaining sauce on the side.

Notes from the chef:

The sauce can be made in advance and kept in the fridge.

The chicken can be breadcrumbed in advance and kept in the fridge.

You can deep-fry the chicken if you prefer or pan fry for a few minutes each side and then finish in the oven.

The curry sauce is quite mild and slightly sweet, but you can increase the heat by adding some chili powder with the curry powder.

Soaking the rice ensures the grains cook evenly, washing the rice removes excess starch which could make the rice very sticky.

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Notes from the chef for a Vegan Version;

Option 1

Replace the chicken with sliced aubergine & sliced cauliflower wedges.

Replace the egg with plant-based milk.

Pan fry in a little oil to seal the breadcrumbs and then finish cooking in the oven.

Replace the chicken stock with vegetable stock.

Option 2

Replace the chicken with sliced firm tofu – if you can find smoked tofu, try this.

Replace the egg with plant-based milk.

Pan fry in a little oil to seal the breadcrumbs and then finish in the oven.

Replace the chicken stock with vegetable stock.

Option 3

Replace the chicken with a mix of mushrooms – oyster, shiitake and / or

Portobello cut into thick slices approx. 10mm.

Replace the egg with plant-based milk.

Pan fry in a little oil to seal the breadcrumbs and then finish cooking in the oven.

Replace the chicken stock with vegetable stock.

Tbsp - tablespoon

Tsp – teaspoon