

Oyako-katsudon (Mother and Child Cutlet Bowl)

- about one cutlet chicken katsu ^[1] per serving
- sesame oil
- about 1/4 sliced onion per serving
- white sugar
- dark soy sauce
- mirin sweet cooking rice wine
- rice ^[2]
- about 1/2 a scallion per serving
- some parsley
- about one egg per serving
- a little milk
- salt and pepper
- tonkatsu sauce
- pickled ginger

Start preparing the katsu, but stop short of deep frying it.

Start making a sweet-salty watery sauce in a large pan (big enough to hold all your chicken pieces without overlapping). Put some oil in the bottom of the pan and warm up. Once it is hot but not smoking, add the onions.

Once the onions start to turn translucent, add a little sugar to help the onions along.

Once those onions seem pretty sweet and flavorful and cooked, add some water so you've got a thin layer of liquid over the bottom of the pan. The liquid should be about half as deep as your chicken cutlets are thick after being pounded and breaded.

Add sugar, soy sauce and mirin to taste.

Bring your sauce to simmer, tasting and adjusting the balance of flavors, then turn heat to medium and cover. Meanwhile, start heating your oil to deep fry the katsu and start making your rice.

Shred your scallions and parsley. Keep checking your sauce periodically, topping off with a little water if it's getting low.

Now is the time to deep fry your katsu (assuming that your rice is done and just keeping warm, or very close to done). Take your katsu out of the oil, pat dry, and slice along the scored lines to make thin slices.

Transport each of the sliced chicken breasts on a large flat surface (such as a fish spatula) to keep them intact in cutlet shape. Place each into the sauce.

Scatter your shredded scallions and parsley on top of the chicken, and cover.

After your chicken has been simmering in the pot 7 to 8 minutes, you are getting close to done! Prepare a separate bowl for each person by placing some rice into it.

Scramble your eggs with a little milk and salt and pepper to taste. Whisk the egg until it is uniform in color and aerated.

Uncover your pan, and pour the egg over each cutlet. Close the cover and let cook for 30 to 60 seconds.

Remove each cutlet to its own bowl. Add some more of the sauce to each bowl.

Serve with tonkatsu sauce and pickled ginger.

Preparation time: 40 minutes

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