



Katsu Curry

Ingredients

For the sauce

- 2tbsp vegetable oil
- 1 onion, peeled and roughly chopped
- 2 garlic cloves, peeled and roughly chopped
- A small piece of fresh ginger, peeled and chopped to give you 1tbsp
- 1tsp turmeric powder
- 2tbsp medium curry powder
- 2tbsp plain flour
- 500ml hot vegetable stock
- 200ml coconut milk
- 1tsp brown sugar
- 3tsp light soy sauce

For the Katsu pieces

- 200g plain flour
- 250ml water
- 500g peeled weight sweet potato, cut into 1cm thick slices
- 225g crisp white breadcrumbs or panko crumbs
- 350ml sunflower oil for frying

Serve with cooked rice and cucumber and carrot slivers

Sally's Tips

“Try frozen ginger cubes, they are perfect for this recipe.

The cooked katsu veg freeze like a dream! Once they have cooled, pop them in a freezer bag, they can be frozen for up to 3 months. Pop them into a hot oven for 15 minutes to reheat and crisp up. The sauce also freezes well. You can even pour into ice cube trays so that you can pop a few into a pan to reheat, whenever you want to pep up a meal.”

Preparation time

35
mins

Cooking time

30-40
mins

Step 1.

Heat 2tbsp vegetable oil in a saucepan and then add in the chopped onion and fry over medium-high heat for 5 minutes until soft.

Step 2.

Next, add the garlic and ginger and continue cooking for one minute on medium-high heat.

Add the turmeric and curry powder and mix well to ensure all of the onion, garlic and ginger are well coated.

Reduce the heat and sprinkle in the flour, stir well. Make sure you don't over heat the dried ingredients.

Step 3.

Start adding the stock, and stir as the mixture thickens. Use up all of the stock and let the sauce thicken, stirring as you go.

Step 4.

Pour in all of the coconut milk. Bring up to a simmer, add the sugar and soy sauce. Simmer for 5 minutes, until it has thickened up. Take the sauce off the heat and then set aside.

Step 5.

In a separate bowl, mix the plain flour with the water until smooth. It should create a thick and gloopy mixture that has a smooth consistency.

Step 6.

Place the breadcrumbs into a separate bowl or tray. Then get a plate ready to place the vegetables on once they have been coated.

Step 7.

Dredge each piece of sweet potato into the wet flour mixture. Tap off any excess and then dip the pieces into the breadcrumbs and set aside on a large plate.

Step 8.

Heat half of the frying oil in a deep sided frying pan and when hot, use pincers to place a coated piece of veg into the oil.

Add more pieces and let them sizzle for 3 minutes on each side until crisp and golden.

Drain the cooked vegetables on kitchen paper. Repeat using up the vegetables and adding more oil if necessary.

Step 9.

If you would like a smooth katsu sauce, use a stick blender to whiz up the ingredients. Reheat and serve with cooked rice and ribbons of cucumber and carrot. If you have a lime, squeeze over before serving.



Sally's Tips

“How to make your own crispy crumbs: Place some white bread slices on a tray, spreading them out. Leave them to dry out overnight. The next day, tear them into small pieces and then blitz in a food processor. Scatter the crumbs on a baking sheet and cook in the oven at 170° or 150° fan for 15 minutes, giving them a shake every now and then. Take them out of the oven and let them cool before giving them another blitz.”

You can freeze these crumbs to use later. It's a great way to use up bread.”

