



Katsu Chicken Curry

We first made this dish during the 2018 summer cookery school and then introduced it to the School in the 2018 Michaelmas term. It has proved to be one of the most popular dishes we have had at St Faith's!

Serves 4

Ingredients

4 chicken breasts
1 large egg
120g panko breadcrumbs
20g cornflour

For the sauce

92g Japanese curry block
30g diced carrot
30g diced onion
50ml oil
400ml coconut milk
100ml chicken stock

Method

1. Trim the chicken and then cut into 2 pieces cutting the breast long ways.
2. Put the cornflour in a bowl.
3. Whisk the egg in a bowl and set to one side.
4. Place the breadcrumbs into a bowl and then you are ready to pane the chicken.
5. Place the chicken in the cornflour, shake off any excess flour, then into the egg and finally into the breadcrumbs making sure the chicken is fully coated in the breadcrumbs.
6. Cook in a fryer until golden brown, place onto a baking tray and finish in the oven for 10 minutes at 175C.

For the sauce

7. Add oil to a pan then fry the onions and carrots for about 5 minutes until soft.
8. Add the curry block and cook for a further 2 minutes.
9. Add the rest of the ingredients and slowly cook for 5 minutes.
10. Remove the sauce from the heat and allow to cool. Then using a hand blender, blend until smooth. Reheat and serve with chicken.
11. Serve the chicken with sticky rice and a mixed salad.

