

Pub Grub – Lance Rosen

Panko pork schnitty, Fire & Brimstone honey mustard katsu sauce, izakaya shaved slaw with sesame & spring onions

Slaw ingredients

¼ white cabbage

4 spring onions

1 C Japanese sesame dressing

½ C Kewpie mayo

Katsu curry sauce ingredients

¼ packet each or ½ pack of one type Japanese curry blocks (Vermont curry and Golden Curry)

1L water

Fire and Brimstone honey mustard sauce to taste

2 onions, sliced

2 red apples, grated on a block grater

¼ C honey

Grapeseed oil

Schnitty ingredients

4 pork loin steaks

2 eggs, beaten

1 C flour

1 packet lemon pepper panko crumbs

Salt fine

4 tbs butter

Grapeseed oil

To serve ingredients

Japanese pickled eggplant for garnish

2 tbs white sesame seeds

2 tbs black sesame seeds

Extra sesame dressing

Lemons cut into wedges to garnish

Slaw method

To make the slaw, shave the cabbage fine

Shred or slice the spring onions and add to the cabbage

Mix the sesame dressing with the mayo and dress the slaw, toss well

Katsu sauce method

Make the sauce by softening the onions in oil and giving them a little colour

Add the grated apple to the pan

Add the water and curry blocks and bring to the simmer

Stir well to dissolve the curry blocks

The standard ratio is 1 packet of curry blocks to 2L water – adjust to your preferred consistency and strength – you can always add more water to thin out the mixture

Add the Fire and Brimstone honey mustard sauce to taste

Adjust sweetness with honey and then reserve the sauce

Schnitty method

Tenderise the pork and flatten with a mallet to ¼ inch thickness

Dip the pork first into the flour and shake off the excess, then dip through the egg and drain well

Press on the panko crumbs as hard as you can

Pan fry or fry on the flat grill in Grapeseed oil and butter till golden then drain to serve

Season with salt to finish

To serve method

Toast the sesame seeds in a pan and add to the salad

Slice the lemon into cheeks for garnish

Season the cooked schnitty with some fine salt

I like to cut the schnitty into strips so I can eat it with chopsticks

Place the slaw on the plate, arrange the cut schnitty around

Dollop some curry sauce onto the plate

Arrange some Japanese pickles on the plate

Add some sesame dressing around the plate

Sprinkle with sesame seeds and garnish with a lemon wedge

Serve