



Fish Katsu Sando

Use any firm, thick, white-fleshed fish for these delicious sandwiches which are traditionally made with pork schnitzel (tonkatsu). Crumbed prawns or chicken work wonderfully too – it's really all about that spicy tonkatsu sauce. I like mine quite spicy, and serve extra Japanese mustard on the side, but you can tone it down (or amp it up) depending on your heat preference.

Serves 2

INGREDIENTS

- 1 x 200g piece stargazer, skin off, pin-boned (7oz)
- Plain flour, for dusting
- 1 egg, lightly beaten with a teaspoon of water
- 1 cup (75g/2½oz) panko (Japanese breadcrumbs)
- 6 slices fluffy white bread, crust removed
- Japanese mayonnaise, for serving
- 125g finely shredded cabbage (about 1½ cups/4½oz)
- Vegetable oil, for shallow-frying
- Japanese mustard, for serving

Tonkatsu Sauce

- 1 tablespoon tomato paste (20ml)
- 1 tablespoon Japanese Worcestershire sauce (20ml)
- 2 teaspoons mirin (10ml)
- 1 teaspoon Japanese rice vinegar (5ml)
- 1 teaspoon soy sauce (5ml)
- 1 teaspoon Japanese mustard (5ml)



METHOD

1. Make Tonkatsu Sauce: Whisk all ingredients together. Set aside.
2. Cut fish into 6–9 strips that will fit neatly on the bread.
3. Place flour in a plastic bag and, working in batches, add fish and shake to coat well. Shake off excess flour and place fish on a plate.
4. One piece at a time, dip fish in egg, then coat in panko, pressing it on firmly with the heel of your hand to flatten fish slightly and coat it well.
5. Heat oil in a frying pan over medium heat.
6. Meanwhile, spread all slices of the bread generously with mayonnaise and top 3 slices with half the cabbage.
7. Working in batches if necessary, add fish to oil and cook for a minute or 2 each side, depending on thickness, until well coloured. Drain on a paper towel-lined rack.
8. Drizzle fish generously with Tonkatsu Sauce and place on top of the cabbage, sauce side down.
9. Spread some mustard over the fish if you like, then drizzle with more sauce.
10. Add more cabbage and top with remaining bread, mayonnaise side down.
11. Cut each sandwich into 2 fingers and serve with extra mustard, mayo and Tonkatsu Sauce on the side just in case!