



TORIKATSU (KATSU CHICKEN)

Miso Marinated Chicken, Baked With Panko Breadcrumbs, Served With Japanese Katsu Sauce

Katsu Chicken, or 'Torikatsu', is one of the dishes I swore up and down I wasn't going to make. Let's face it, Katsu chicken is simply chicken, breaded with panko breadcrumbs, then deep fried or baked. Meh. But then a friend challenged me to try and 'fancy it up'. So, I marinated the chicken with miso paste, which we already have from the Miso Glazed Salmon. My intent was to give it a solid punch of umami flavor, rather than just standard salt and pepper. I also reworked my Katsu Sauce recipe. Regular katsu sauce is RIDICULOUSLY high in points, mine allows you to have up to 1/4 cup for 0 points. **"Dōitashimashite,"** mis amigos.

(You're Welcome, in Japanese)

Servings Info.:

Yields: 4 chicken breasts
 Servings: 4
 Serving Size: 1 breast



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2-2

- last checked 11/30/22 -

- SPECIAL NOTE -

The actual Katsu Chicken in this recipe is only 2 points on both plans. I'm adding 1 additional point, for 1 serving of my Katsu sauce, which takes it up to 3 per serving

Ingredients:

Chicken:

- 4 large, boneless skinless chicken breasts (see notes)

Marinade:

- 3/8 tsp baking soda, dissolved with 1 Tbsp water
- 2 tsp lower sodium soy sauce
- 1-1/2 tsp miso paste

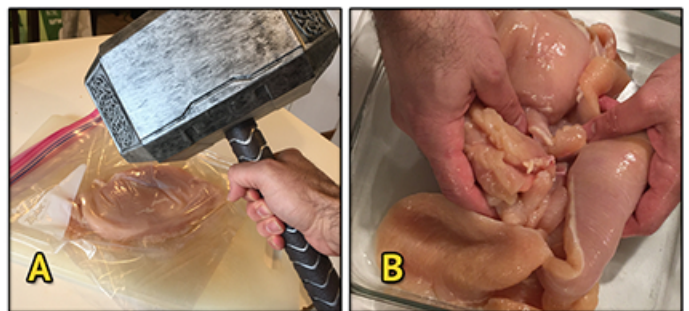
Breading:

- 1 cup PLUS 2 Tbsp Rice Krispies cereal. Measured, then lightly crushed in a ziplock bag
- 7 Tbsp unseasoned panko breadcrumbs
- 2 large eggs, beaten like a disloyal Yakuza
- 1 tsp all purpose flour
- 1 tsp cornstarch

Additional Ingredients & ThingieMcjigs:

- 1 batch of my Katsu sauce, recipe on pg. 18
- a fine wire mesh strainer (for dusting). Just roll with it.

Directions:

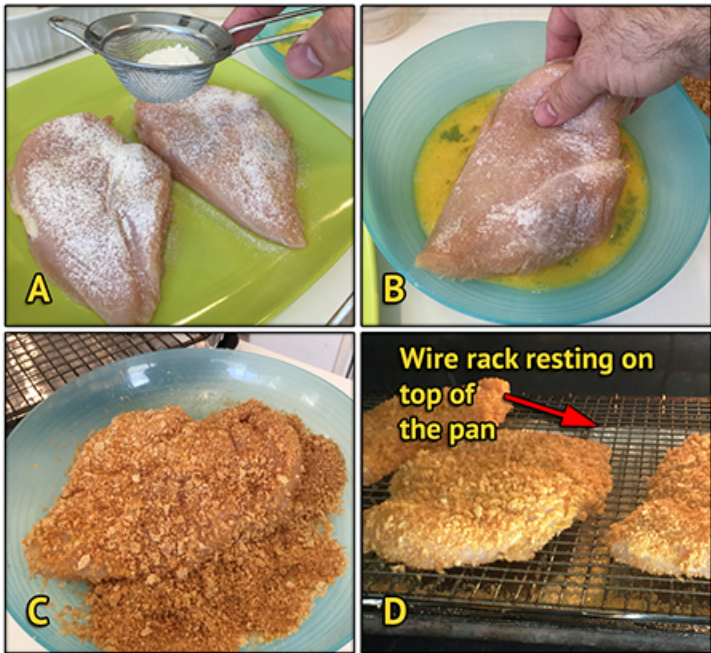


1. **(A)** Use a kitchen mallet to lightly flatten the thickest area of your chicken, to make each piece a uniform thickness. **(B)** Mix the baking soda, water, soy sauce and miso paste together. Rub over the chicken breasts. Set aside and allow to marinate for at least 30 minutes.



2. **(A)** Combine the crushed rice cereal and panko crumbs together in a pan, over medium heat. Stir/toss every 30 seconds, till the breading has become a uniform golden brown (about 4-5 minutes). Set aside. **(B)** This picture shows the difference between regular panko breadcrumbs vs toasted crumbs.

3. Preheat oven to 400 degrees. Line a baking pan with foil, place a wire rack OVER the pan (as seen in picture 4D).



4. (A) Place chicken breasts onto a plate, then gently scoop flour and cornstarch into a fine wire strainer. Holding the strainer over each chicken breast, lightly tap, dusting each piece in a coating of flour. Flip the chicken, to dust both sides. (B) In a large bowl, place your beaten eggs, then dip each piece of chicken into the egg wash, one at a time. (C) Place the egg-dipped chicken into a bowl with the toasted crumbs. Coat both sides, then place onto the wire rack, on the baking pan. (D) Spray chicken with cooking spray, then bake at 400 degrees for 35-40 minutes (for THICK chicken breasts). Less time will be required for thin chicken breasts. Done. Serve each piece with a 1/4 cup scoop of my Katsu sauce and a 1/4 tsp of sesame seeds.

NOTES & SUGGESTIONS:

- **COOK TIME:** The cook times for my recipe take into account using large, thick chicken breasts. If you use thin breasts, reduce the time to probably 20-25 minutes. If you aren't sure if it's done, pierce the thickest part of 1 breast with a knife. Turn the knife slightly and look inside. If it's pink.. keep cookin'. Chicken sashimi is NOT 'good eats'.
- **RICE KRISPIES???:** Normal recipes use straight panko breadcrumbs. I personally prefer a combination of panko and regular consistency crumbs. The Panko gives the crunch and body, the smaller crumbs fill in the spaces. Also, the reason I'm using rice cereal... 1-1/4 cup, crushed, gives 1/2 to 2/3 cup of crumbs for 5 points. While 1/2 cup of panko crumbs are 6 points. By combining the 2, we get a better finished texture (in my opinion, anyways), for less points than using straight panko.
- **POINTS FOR KATSU SAUCE!:** My katsu sauce is 1 point per 1/4 cup serving on both plans. As mentioned on the previous page, the actual breaded and baked chicken of this recipe, by itself, is only 2 points per breast. I'm adding 1 additional point (for 3 total points) per serving, to account for the sauce.

