

## Menchi Katsu (Minced Meat Cutlet)

*Menchi katsu* is a mixture of minced meat (either pork or beef) mixed with chopped onions and fried in a breadcrumb coating. The word *menchi* comes from the English word “mince.” *Menchi katsu* are pressed, cooked pieces of inexpensive meat that are soft and easy to eat. They are a typical dish in Japan and are often prepared at home or bought from a supermarket or butcher shop. Two tips to preparing delicious *menchi katsu*: pounding out the air after mixing the ingredients well will ensure that the pieces will not split open when deep-frying. Also, removing each piece from the oil before it is completely cooked allows the heat from the exterior to penetrate to the center. Try this easy-to-prepare tasty dish that is relatively inexpensive to make. *Bon appetit!*

### Ingredients:

1¼	lb.	pork (or beef), ground
5 - 6	ozs.	fresh breadcrumbs
1	Tbsp.	milk
2		eggs
½	C	onion, chopped
1	Tbsp.	red wine
1	tsp.	salt (optional)
		oil for deep frying
		flour

### Spices:

1/3	tsp	garlic powder
1/3	tsp	white pepper
1/3	tsp	celery salt
1/3	tsp	ground cloves

### Directions:

1. Add onion, 1 egg, 2-3 ozs. breadcrumbs, salt, milk, wine and spices into a large bowl and mix by hand until well blended.
2. Add ground pork or beef and mix by hand until it becomes a sticky mixture. Pound the mixture by tossing it into the bowl several times.
3. Divide the mixture into 5 even portions. Roll them into flat oval shapes.
4. Coat each oval shaped mixture with flour, egg, and breadcrumbs, in that order.
5. In a deep frying pan, add enough oil so that the oval shape mixture will be covered when dropped into it.
6. Remove from oil and let stand for 2-3 minutes.
7. Just before eating, top with a bit of Worcester sauce mixed with mustard or steak sauce. They are best eaten hot.

Source: <http://web-japan.org/nipponia/nipponia26/en/appetit/>