



Air Fryer Tonkatsu

Jacob · 28/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

4

Description

This air fryer tonkatsu recipe is crispy on the outside and tender and juicy on the inside. You can buy bottled sauce but this homemade version is simple to make and far better. Serve over rice if desired.

Ingredients

— - ½ cup ketchup - 2 tablespoons soy sauce - 1 tablespoon brown sugar - 1 tablespoon sherry - 2 teaspoons Worcestershire sauce - 1 teaspoon minced garlic - 1 pound boneless pork breakfast chops (4 chops) - salt and ground black pepper to taste - 2 large eggs - 1 ½ cups panko bread crumbs - nonstick cooking spray

Instructions

1. Make sauce: Whisk together ketchup
2. soy sauce
3. brown sugar
4. sherry
5. Worcestershire sauce
6. and garlic in a medium bowl until sugar is dissolved. Set sauce aside. Preheat an air fryer to 350 degrees F (175 degrees C). Prepare pork chops: Lay pork chops on a clean work surface; season with salt and pepper. Beat eggs in a flat dish. Place bread crumbs in a separate flat dish. Dip a pork chop in beaten eggs
7. then dredge in bread crumbs. Dip again in eggs
8. then press in bread crumbs to thoroughly coat. Repeat with remaining pork chops. Place pork chops in the basket of the preheated air fryer and spray the tops with nonstick cooking spray. Air-fry for 10 minutes. Flip chops over using a spatula and spray the tops with nonstick cooking spray again. Air-fry for 10 more minutes. An instant-read thermometer inserted into the center of pork chops should read 145 degrees F (63 degrees C). Transfer pork chops to a cutting board and slice. Serve with sauce.