



Nov. 3, Fri. 2017

Rika's TOKYO CUISINE

Pork Steak [*Tonteki*]



Pork

Difficulty



Ingredients (Serves 2)

- 2 pork loin steaks, each 150 g
- coarse salt
- ground black pepper
- butter
- Sauce:
 - 1 tbsp soy sauce
 - 1 tbsp sake
 - 1 tbsp oyster sauce
 - 1 tbsp *mirin*
 - 1 tbsp tomato ketchup
 - 1 tbsp sugar
- green *shiso* leaves

Directions



1. Sprinkle both of the pork loin steaks with coarse salt and ground black pepper, then let rest for 5-10 min.



2. In a frying pan, melt the butter, then cook the pork steaks over high heat. Fry for 1 min, then turn over and fry for an additional 1 min.



3. Remove the pork steaks from the frying pan and slice diagonally into *sogi-giri* pieces.



4. Return the sliced pork to the frying pan and continue to cook. When the cut surfaces of the pork become white, add the soy sauce, sake, oyster sauce, *mirin*, tomato ketchup, and sugar, and mix to combine.



5. Transfer the pork to a serving dish. Pour the sauce from the frying pan over top, then top with chopped green *shiso* leaves.

Tips

Tonteki pork steak goes exceptionally well with shredded cabbage, as well.



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