

Inspired by one of our readers—A_Boleyn.



Tonkatsu and Eggplant Katsu

1 c panko
2 large egg whites
2-boneless pork loin chops
1/2—large eggplant
1/4 c vegetable oil, divided
Cooking spray

Place panko in a shallow dish. Place egg whites in another shallow dish. First slice eggplant into 1/4"-1/2" slices. Dip eggplant into the egg whites followed by the panko. Set aside. Next dip the pork in the egg whites, followed by the panko. (If making both pork and eggplant, coat the eggplant first to avoid potentially contaminating the eggplant.)

Spray a large frying pan with cooking spray and add 1/8 c of vegetable oil. Heat over medium-high heat until a bit of panko dropped in bubbles. Then add the slices of coated eggplant to the pan. Cover and cook for 5 minutes per side. Reduce the heat and cook for another 5 minutes over low heat. Remove and set slices on paper towels to drain.

Next spray the pan and add the remaining vegetable oil to the frying pan. Heat for a minute or two and add the pork. Cover and cook the pork over medium-high heat for approximately 5 minutes per side (or until cooked through). Remove and let drain on paper towels.

Serve with tonkatsu sauce or in a donburi.