# Menchi-Katsu with Wagyu, Cabbage and Lotus Root

54

**799 kcal** (per serving)    **30 min**

**Menchi–katsu (breaded ground meat patties) is a standby in the Japanese home kitchen. This version uses lotus root, which adds a pleasingly bite, and is best served right after frying.**

## Makes 2 servings

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|---|---|
| Ground Wagyu | 200 g |
| Cabbage | 50 g |
| Lotus root | 1/3 (50 g) |
| Onion | 1/4 medium (50 g) |
| Potato starch | 2 tablespoons |
| Panko | 30 g |
| Milk | 1 tablespoon |

### Seasonings

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|---|---|
| Salt | 1/4 teaspoon |
| Egg | 1/2 |
| Worcestershire sauce | 1 tablespoon |
| Sake | 1/2 tablespoon |
| Pepper | Pinch |
| Nutmeg | Pinch |

### Breading Ingredients

| | |
|---|---|
| Flour | 2 tablespoons |
| Egg | 1 |
| Panko | 60 g |
| Oil for frying | |

1. Core the cabbage and slice thinly about 5 mm wide. Mince lotus root and onion. Add potato starch to vegetables and mix to combine.
2. In a bowl, add ground Wagyu and seasonings, kneading well to combine. Moisten panko in milk for 2 or 3 minutes, then add to meat mixture and knead to combine.
3. Add cabbage, lotus root, and onion to meat mixture and knead well to combine. Form into 8 to 12 patties.
4. Bread the patties by coating with flour, dipping in beaten egg, and coating with panko.
5. Deep fry patties in 170°C oil until crisp and golden brown.