



Beef Cutlets

Cooking time

20 min

Recommended cut

Sirloin, Fillet

Level of difficulty



Ingredients (serves two)

Japanese Wagyu (block of sirloin, fillet) 250g (8.8 oz)
 Salt & pepper To taste
 Cabbage 2 leaves
 Weak wheat flour To taste
 Egg 1
 Breadcrumbs To taste

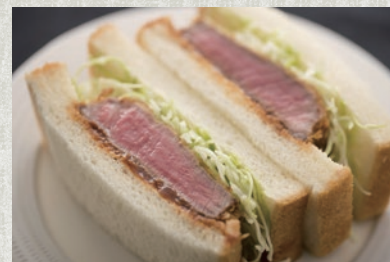
(A)
 Worcestershire sauce (medium thick) 30cc (2 tablespoons)
 Ketchup 10cc (2 teaspoons)

Mustard paste To taste
 Lemon Half
 Frying oil Enough to deep fry cutlets

How to cook

1. Cut meat into two 1.5cm (0.6 in) thick slices and season with salt and pepper. Dredge the meat in flour, remove excessive flour, dip the meat in stirred egg and coat in breadcrumbs.
2. Heat the oil in a pan to 170 °C (338 °F) and deep fry the cutlets for 2 minutes. Be sure to turn over the cutlets once.
3. Slice each fried cutlet into thirds and place on a plate with shredded cabbage. Eat with lemon, mustard and sauce **(A)**.

\ arrange menu /



Beef Cutlet Sandwich

Spread ketchup on 2 slices of bread and place a beef cutlet in between.