



Niall Murray's Katsu Chicken

Ingredients:

- 2 Large Chicken Breast cut through the middle to produce 2 escalopes
- 30g Soft flour
- 1 Egg made into egg wash by whisking a dash of water or milk
- 30g Panko Breadcrumbs
- 100g Scottish Rapeseed Oil to fry
- Salt



Method:

1. Butterfly the chicken breast, place a sheet of cling film on top and gently bash with a rolling pin or pot to flatten out
2. Pass each chicken escallop through the flour, egg, and breadcrumbs and season each piece
3. Fry in the oil until golden and crispy and place onto some kitchen roll to drain the excess oil
4. Reserve the oil by sieving it into a bowl and use it next time



Níall Murray's Katsu Sauce

Ingredients:

- 20g Cornflour
- ½nd onion, finely chopped
- 8g medium curry powder
- 500ml chicken stock
- 40ml soy sauce
- 40g honey



Method:

1. Place the finely chopped onion and chicken stock into a pan and simmer gently for 5 minutes
2. In a bowl, dissolve the cornflour with the soy sauce and add the honey and curry powder
3. Whisk this mixture into the chicken stock and stir til it boils and thickens
4. Serve over the crispy chicken and with some steamed rice and vegetables of your choice

View all the recipes from our cooking demos on the website at: www.lochlomondfoodanddrinkfestival.co.uk