

Inspired by one of our readers—A_Boleyn.



Katsudon or Eggplant Donburi

Donburi Sauce

1-1/2 c chicken stock (or dashi soup stock)
4-1/2 T low-sodium soy sauce
1 T mirin
1-1/2 T cooking sake
1 t wasabi paste
2 T brown sugar

Donburi

4 c cooked Japanese steamed rice
12—1/2" strips breaded, fried pork—OR—
12—1/2" strips of breaded, fried eggplant
1 onion, thinly sliced
Donburi sauce
3 eggs
2 green onions, sliced thin on a bias
2 T sesame seeds

First prepare the donburi sauce. In a small saucepan bring the chicken stock to a boil, then reduce to medium heat. Add soy sauce, mirin, sake and wasabi paste and simmer for 5 minutes. Lastly, add the brown sugar and stir until dissolved. Remove from heat.

Pour the simmering donburi sauce into a frying pan and add the sliced onion. Cook over medium-low heat until the onion is tender. Add either pork or eggplant (or both) to the frying pan and simmer on low for 3 minutes.

Next beat the three eggs in a bowl. Pour the eggs over the contents of the frying pan, cover and cook until done to the desired level (2-3 minutes).

To serve, place rice into four deep bowls. Spoon out the contents of the frying pan evenly into the four bowls and top with green onion and sesame seeds.