

INGREDIENTS

- 2 boneless, skinless chicken breasts (about 6 oz each), pounded to ½ inch thick
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ cup all-purpose flour
- 2 large eggs, beaten
- 1 cup panko breadcrumbs
- 1½–2 cups neutral oil (canola or vegetable) for frying
- Tonkatsu sauce (store-bought or mix: 2 tbsp ketchup, 1 tbsp Worcestershire, 1 tbsp soy sauce, 1 tsp honey)

Cooked rice or shredded cabbage, for serving

INSTRUCTIONS

1. **Prep the Chicken** - Place the chicken between plastic or parchment and pound to an even ½ inch thickness. Season both sides with salt and pepper.
2. **Set Up the Coating Line:** Prepare three shallow dishes
 - a. Flour in the first.
 - b. Beaten eggs in the second.
 - c. Panko breadcrumbs in the third.
3. **Coat the Chicken:** Dredge each breast in flour, shaking off excess.
4. Dip into the egg wash until fully coated.
5. Press firmly into panko so the crust holds tight.
6. **Heat the Oil:** Pour oil into a skillet or frying pan, about ½ inch deep. Heat to 350°F (175°C).
7. **Fry chicken 3–4 minutes per side** until golden brown and crisp. Internal temperature should reach 165°F (74°C).
8. **Rest for 2–3 minutes** before refueling.

REDLINE CIRCUIT FUEL

Chicken Katsu



2 servings



Popular across pit kitchens and Cloud City cafeterias alike, chicken katsu is comfort wrapped in armor. The crunch cuts through recycled air and corporate branding, and for ghouls on the circuit, it's the cheapest piece of heaven you can bite into.

NOTES

Slice into strips and serve over rice or shredded cabbage. Drizzle generously with tonkatsu sauce. In Cloud City, it's plated under neon with a glass of oxygenated sake. In the pits, you eat it with your fingers, grease on your hands, and the race still pounding in your ears.