
Hamburger Katsu with Cheese on a Stick

Description

This is an easy recipe that's good for parties. You can fry it (or bake it), and it pairs perfectly with a side of steaming hot rice.

Total time: 35 min Yield: 12 skewers

Ingredients

- 1 lb ground beef
- 1 small sweet onion (chopped fine)
- 2 1/2 teaspoons garlic salt
- 1 tsp pepper
- 1 Tbsp mayonnaise
- 1 cup cheddar or jack cheese (cut into 1/4" cubes)
- 2 cup flour
- 3 eggs (beaten)
- 2 cup panko
- 12 barbecue skewers
- oil for frying
- 1 cup ketchup
- 2 Tbsp Worcestershire sauce
- 3 Tbsp shoyu
- 1 pinch sugar
- drop of mustard (optional)

Prep Time: 35 min Total Time: 35 min

Instructions

Combine all the sauce ingredients (ketchup, Worcestershire sauce, shoyu, 1 teaspoon pepper, sugar, mustard) and set aside. Mix ground beef with onion, garlic, salt, pepper and mayonnaise. Divide into 1" balls. Flatten slightly, add 2 cubes of cheese in the middle and form into a ball. Roll each ball into flour first, eggs second and panko last. Skewer 3 katsu balls on each skewer. Freeze if not frying right away. Heat oil on medium-high heat. When hot, fry hamburger katsu balls for 4 to 5 minutes until golden brown. Drain and serve with sauce and rice.

Recipe brought to you by:

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Source:

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