

Japanese Hamburger Steak

Ingredients

2 T Vegetable Oil (plus 1 teaspoon)	1 lb Ground Beef
1/2 c Panko	1/2 c Milk
1/2 Onion (chopped)	3 clv Garlic (minced)
1 Egg	4 T Ketchup
1 T Worcestershire Sauce	1/2 t Salt
1/4 t Ground Black Pepper	1 T Unsalted Butter
1 T Flour	2 T Mirin
1 T Sugar	2 T Soy Sauce
1/3 c Water	

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Instructions

1. Combine panko and milk in a large mixing bowl then set aside. Heat 1 teaspoon of oil in a nonstick pan over medium heat, then add onion. Lightly season with a dash of salt and saut  for 2-3 minutes or until the edges are golden brown. Set aside to cool completely.

2. In the bowl with panko add beef, saut ed onions, garlic, egg, 2 tablespoons ketchup, Worcestershire sauce, 1/2 teaspoon salt and pepper. Mix with your hands until evenly combined.

3. Scoop a quarter portion of the meat and toss back and forth between your hands before forming into a tight patty and place on a plate. Repeat three more times.

4. Heat 2 tablespoons of oil in the same pan over medium heat. Place the patties on the pan, indent the center, and cook for about 2-3 minutes on each side then transfer to a plate.

5. In the same pan melt butter over medium heat. Add flour and stir to combine. Once it turns light brown, add mirin, sugar, soy sauce, 2 tablespoons ketchup, and water. Cook for about 2 minutes until the sauce is thickened.

6. Pour the sauce over the patties and serve immediately with a side of mashed

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potatoes and vegetables.