



WILD. NATURAL. SUSTAINABLE.

Elk Rib Chop Tonkatsu and Asian Slaw

• Prep Time: 1 hour 25 minutes • Yields: 2 servings

Ingredients:

1 pkg. Fossil Farms' Elk 2-Bone Rib Chop, 12 oz

4 eggs, beaten

2 cups all purpose flour

3 cups seasoned panko breadcrumbs

Salt & black pepper to taste

Asian Slaw:

5 cups shredded red cabbage

2 cups shredded carrot

½ cup chopped scallions

2 tsp. sesame seeds

3 tbsp. neutral oil + more for frying

1 tbsp. sesame oil

3 tbsp. honey

1 tbsp. soy sauce

2 grated cloves of garlic

1 tablespoon grated ginger

½ tsp. Sambal or Sriracha

Equipment:

Stove & Oven

Iron Cast Skillet

Medium bowl

Measuring spoons & cups

Oil thermometer

3 Plates

Meat thermometer

Serving plates

Cooling rack

Fine grater or zester

Method:

1. Create your dredging station with one plate or shallow bowl of whisked eggs, one with flour, and one with panko breadcrumbs.
2. If you do not get seasoned panko, add 1 tablespoon each of salt and pepper to your breadcrumb mixture.
2. Season your Elk chop with salt and pepper and bring to room temperature, about 30 minutes, before cooking. Pat dry before dredging.
3. Coat the chop liberally in flour and shake off the excess, coat in egg fully and let the excess drip, finally coat in panko and press the breadcrumbs firmly into the meat. Get into every nook and cranny.
4. In a high rimmed skillet or dutch oven add oil until you have 2-3 inches in the pan to deep fry. Heat over medium high, and check periodically to prevent burning on the bottom.
5. Once hot (350-375F), fry your chops for 7-10 minutes, or until internal temperature of 125F-130F for medium rare. Move to a rack to rest and drip excess oil.
6. While these are frying, combine the neutral oil, sesame oil, sesame seeds, ginger, garlic, soy sauce, sambal/sriracha, honey, and a pinch of salt and pepper for your dressing.
7. Combine the cabbage, carrot, and scallion in a bowl and toss with dressing. Feel free to substitute with a pre-blended mix of Asian slaw to save time on a weeknight.
8. After resting for 10 minutes, cut the meat off the bone by using the bone as a guide for the knife.
9. Serve with salad on the side to keep the panko coating crispy. This dish is also perfect with white rice!

