**Ingredients for Katsudon**
(serves 1)

- Tonkatsu -
120g 1cm thick Pork Loin (0.265 lb, 1/2 inch)
A Pinch of Salt
A Pinch of Pepper
Flour
1/4 Egg
A Pinch of Water
Nama-Panko - Fresh Bread Crumbs

Frying Oil

- Sauce -
50ml Water (0.211 u.s. cup)
1/5 tsp Granulated Dashi
1 tbsp Soy Sauce
1 tbsp Hon-Mirin (Real Mirin)
1 tsp Sugar

70g Onion (2.47 oz)
1 Egg
Mitsuba - Japanese Wild Parsley

200g Fresh Steamed Rice (0.441 lb)

**Ingredients for Oyakodon**
(serves 1)

50ml Dashi Soup (1/5 u.s. cup)
1 tbsp Soy Sauce
\*\* 1/2 tbsp Sake
(I forgot to add Sake on the list of ingredients in the video)
1/2 tbsp Sugar
1/2 tbsp Mirin
1/2 Small Onion
85g Chicken Meat (3 oz)
2 Eggs
10 Japanese Wild Parsley (Mitsuba)
200g Rice (7 oz)