Tonkatsu Sauce

SAUCES & MARINADES

YIELD
≈13 tbsp (≈⅘ cup), 1 tbsp per serving

ACTIVE
5 min

TOTAL
35 min (incl. 30 min chill)

PER SERVING
24 kcal · 168 mg Na

EQUIPMENT
Jar with lid

#	INGREDIENT	MASS	VOLUME	PROCEDURE
1	Worcestershire, Lea & Perrins	102 g	6 tbsp	Stir the Worcestershire and sugar in the jar until the sugar is fully dissolved and no grains show on the spoon.
	Granulated sugar	25 g	2 tbsp	
2	Ketchup, Heinz	102 g	6 tbsp	Add the ketchup and stir until smooth and evenly brown.
3				Refrigerate at least 30 min. It thickens as it chills.

NUTRITION	MASS	CALORIES	SODIUM MG
Worcestershire, Lea & Perrins	102 g	90	1,170
Granulated sugar	25 g	97	0
Ketchup, Heinz	102 g	120	1,020
Total		**307**	**2,190**
Per serving (1/13)		**24**	**168**

Nutrition: Labels in USDA FoodData Central Branded Foods (Lea & Perrins, Heinz); USDA SR Legacy (sugar, Worcestershire g per tbsp). Yield includes the volume of the dissolved sugar.

NOTES

- Thick and sweet-tangy like Bull-Dog. For Bull-Dog thickness, simmer with 1 tsp cornstarch stirred into 1 tbsp water until glossy, ≈1 min (adds 10 kcal per batch).
- Keeps 2–3 weeks refrigerated.
- Goes on tonkatsu and shredded cabbage. Used in *Katsudon*.