**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)