



Japanese Sando

- Below you'll find a list of ingredients and equipment needed for your class. To ensure efficiency during class, please have all ingredients on hand before class begins. **Any prep work to be done before class is highlighted in yellow.**
- All recipes used in class will be attached in your confirmation email. Please scroll past the equipment list for the recipes.
- If you have any questions or concerns email us, bakingeducation@kingarthurbaking.com. All Zoom links are sent out on the day of class. If you have not received the link 1 hour before your class begins, please contact us at the email above.

INGREDIENTS (total amount needed for the class)

King Arthur Unbleached Bread Flour: 600 grams (5 cups)

King Arthur Unbleached All-Purpose Flour: 60 grams (1/2 cup), plus more for dusting work surface

Sugar: 150 grams (3/4 cup)

Salt: 4 teaspoons, plus more for seasoning

Black pepper: for seasoning

Dry milk powder: 26 grams (3 tablespoons), optional (bread will more tender)

Panko breadcrumbs: 227 grams (8 ounces)

SAF Gold yeast (osmotolerant): 14 grams (1 1/2 tablespoons), instant yeast can be substituted*

Whole milk: 236 grams (1 cup)

Eggs: 15, large; this amount is for 4 egg salad sandwiches. You can reduce the number of eggs depending on how many sandwiches you want to make. You'll need 3 eggs per sandwich. You'll also need 2-3 eggs total for the Katsu sandwich.

Unsalted butter: 113 (1/2 cup), at room temperature

Green cabbage: 1 small head, optional

Chicken breast (skinless, boneless): 2-4 breasts, depending on size

Katsu sauce: Bulldog and Kikkoman are brands we like; you can also make from scratch, if desired

Kewpie Mayonnaise (Japanese-style mayo): if you can't find Kewpie, regular mayonnaise will also work

Neutral oil: canola, vegetable or peanut are good options: 4-6 cups, for frying

Chives: optional garnish



We will be doing a quick fruit sandwich demo using the following ingredients. If you would like to follow along and make the fruit sandwiches after class has ended, you may.

Whipping cream: 236 grams (1 cup)

Strawberries: 1-2 pounds, depending on how many sandwiches you'll be making.

*Because of the high sugar content of this dough, proofing takes longer than usual. Gold yeast will help reduce the proofing time. Instant yeast can be substituted, but proofing time will increase significantly.

EQUIPMENT

Scale (preferred) or measuring cup set

Measuring spoons

Liquid measuring cup

Stand mixer with dough hook and whisk, highly recommended

Mixing bowls: various sizes

Bench scraper and bowl scraper, recommended

Small pot

Large, deep sauté pan or dutch oven for frying chicken

Large pot for boiling eggs

Whisk

Rubber spatula

Pastry brush

Tongs

Sharp knives: chef and serrated, recommended

Cutting board

Meat tenderizing mallet

Plastic wrap

Paper towels

Baking sheet: 1

Non-stick pan spray

2 loaf pans: Pullman pans 9"x4" or standard loaf pans 8 1/2"x4 1/2"

Digital thermometer: optional