



Chef Erik Anderson's Chicken Toast with Bulldog Sauce

Here's a clean, professional, and home-cook-friendly version of Chef Erik Anderson's *Chicken Toast with Bulldog Sauce*. I've adapted the professional recipe (designed for restaurant volumes and equipment like a Robo-Coupe) while preserving the core idea: a refined, Japanese-inspired open-faced toast featuring silky chicken mousse, crispy panko-arare breading, and that signature sweet-savory Bulldog sauce drizzle.

This fits beautifully under the Traditional Roots, Modern Twists theme; taking the comfort of chicken on toast and elevating it with precise French/Japanese techniques (mousse, dashi, emulsification) that Chef Anderson honed at places like The French Laundry, and Coi.

Prep time: 45 minutes (plus chilling)

Cook time: 4–5 minutes per piece

Recipe:

Chicken Mousse (makes enough for 8–10 toasts; leftovers freeze well)

- 500g (about 1 lb.) boneless, skinless chicken breast, partially frozen (demi-frozen)
- 80g (about ⅓ cup) egg whites (from 2–3 large eggs)
- 12g (about 1½ Tbsp) potato starch
- 2.5g (½ tsp) kosher salt
- 2.5g (½ tsp) pink curing salt (optional but recommended for color and preservation; can substitute with extra kosher salt)
- 210g (about ¾ cup + 2 Tbsp) heavy cream, cold
- 12g (about 2 tsp) shiro dashi (white dashi)
- 2.5g polyphosphate (optional food-grade stabilizer for smoother texture; omit if unavailable)

Mousse Method (Home Version):

1. Chill your food processor bowl and blade in the freezer for 15 minutes. Cut the chicken into 1-inch cubes and freeze until semi-frozen (about 20–30 minutes: firm but not rock-hard).
2. Pulse the semi-frozen chicken in the food processor until almost pureed (no large chunks remain, about 2–3 minutes).
3. Add the egg whites and process until the mixture firms up and forms a sticky ball.
4. Add the potato starch, salts, and polyphosphate (if using); pulse to incorporate.
5. With the machine running, slowly stream in the cold heavy cream and shiro dashi until fully emulsified and smooth - do not over-process or it can break.
6. Transfer the mousse to a bowl set over ice and gently fold with a rubber spatula until it stiffens slightly. Place in a piping bag or cover and refrigerate until ready to use (best within a few hours).

Breading Mixture

- 75g (about ¾ cup) panko breadcrumbs
- 50g (about ½ cup) bubu arare (Japanese rice crackers, crushed or whole small ones)

Method: Mix together and set aside.

Bulldog Sauce (makes about 1 cup - plenty for multiple uses)

- 60g (about ¼ cup) ketchup
- 62g (about ¼ cup) Worcestershire sauce
- 65g (about ¼ cup) oyster sauce
- 22g (about 1½ Tbsp) sugar

Method: Whisk all ingredients together until smooth. Taste and adjust sweetness if needed. Reserve (it keeps well in the fridge for weeks).

Assemble and Plate (per single toast)

- ½ slice shokupan (Japanese milk bread) or thick-cut white bread
- 50–60g chicken mousse
- 5g (about 1 tsp) Kewpie mayonnaise
- 5g (about 1 tsp) Bulldog sauce
- 1g toasted sesame seeds
- 1g furikake
- 15–20g breading mixture

Assembly Method:

1. Spread or pipe the chicken mousse evenly over the top of the half-slice of shokupan, creating a smooth, slightly domed layer.
2. Press the top (mousse side) into the breading mixture so it adheres well.
3. Heat oil in a deep fryer or heavy pot to 375°F (190°C). Carefully fry the toast, mousse/breading side down first if needed, for 4–5 minutes until the breading is golden brown and the mousse is cooked through. Drain on paper towels.
4. Drizzle with Kewpie mayo and Bulldog sauce in an attractive pattern.
5. Sprinkle generously with toasted sesame seeds and furikake.
6. Serve immediately on a small plate or appropriate vessel as a refined starter.

GG Note for Home Cooks

- Safety note: The chicken mousse is fully cooked during frying; but use fresh ingredients and keep the raw mousse chilled.
- For an easier home version, you can pan-fry instead of deep-frying (add a little oil to a skillet and cook mousse-side down until golden, then flip briefly).
- Shokupan can be found at Asian markets or substituted with thick brioche or milk bread.
- This dish showcases Chef Anderson's skill at turning simple, nostalgic flavors (chicken toast) into something elegant through modern technique and Japanese pantry staples.

Serves: 4–6 as an appetizer or small plate

About the Recipe

Chef Erik Anderson's *Chicken Toast with Bulldog Sauce* takes the humble idea of chicken on toast and transforms it into a refined, craveable small plate. Silky chicken mousse; lightened with cream and Shiro dashi; is spread on soft Shokusan, topped with a crunchy panko and rice cracker crust, then fried until golden. Finished with creamy Kewpie mayo, tangy-sweet Bulldog sauce, sesame, and furikake, it perfectly blends comforting, traditional flavors with precise modern techniques drawn from Anderson's fine-dining background. It's a beautiful example of how everyday roots meet elevated execution.