

VEGAN "BACON" [WIP]

So... if bacon is made without pork belly, is it still bacon??? Well, I don't know, but if there is such thing as turkey bacon, duck bacon, beef bacon, etc.. why not? This is part of one of my recent forays into insanity, but I thought we could break this one out on its own as well, so here it is!!!

By the way, just because this is "vegan", does not mean it is healthy. There is probably enough sodium in this to drop a rhino

20201113 (Friday): There are still some kinks to work out, so I am keeping this as a Work In Progress for now. The recipe is my current best guess and may not 100% sync up with the pictures

20201115 (Sunday): A slight revamp based on my last attempt. Still a work in progress

INGREDIENTS

Qty.	Unit	Item
1	Average Size	Regular Ol' Egg Plant
2/3	Cup	Tamari
2	TSP	Liquid Smoke
4	TSP	Paprika
½	TSP	Garlic Powder
1	TSP	Black Pepper
1	TSP	Cayenne Pepper
2	TSP	Accent
8	TBSP	Light Olive Oil of Choice
4	TBSP	Maple Syrup
AR	-----	Corn Starch

I'd like to try Italian eggplant one of these days, but I have yet to find in in my local grocery stores. I think it is supposed to have less seeds, but is also a bit smaller. I also want to try daikon radish, but I have not been able to find it lately (but it I have bought it before)

You should be able to get tamari in most main stream grocery stores these days. You'll probably have to venture into the "international" aisle, however. Can't find it? Soy Sauce will work, but then you can't call it "gluten free"

Liquid smoke.... It might be hard to find, but it is there. Check around the barbecue sauce, but look carefully! There is probably only one or two brands / flavors

What is Accent? Hint: There is only one ingredient and it has gotten a bad rap

SPECIAL TOOLS

- Mandolin [i]

PREPARATION – PART I

- 1) Whisk all dry ingredients, except the corn starch and, well the eggplant, in a 1 quart measuring cup
- 2) Add wet ingredients and thoroughly mix with an immersion blender
- 3) Cover the 1 quart measuring cup with a saucer
- 4) Rinse the eggplant and thoroughly dry
- 5) Remove the stem / flowery part at the top
- 6) Peel the eggplant [ii]
- 7) Cut the eggplant in quarters lengthwise
- 8) Slice the eggplant in the mandolin as thin as possible while maintaining enough integrity to be able to wrap around “something” [vi]
- 9) Loosely place the eggplant in a glass bowl as you slice it
- 10) Give the marinade another go with the immersion blender
- 11) Pour ½ of the marinade over the eggplant and gently mix so that the eggplant is thoroughly coated on all sides
- 12) Pour the second ½ of the marinade over the eggplant and gently mix so that the eggplant is thoroughly coated on all sides
- 13) Loosely cover the bowl with plastic wrap and put in the fridge
- 14) Let the eggplant marinade for at least an hour, mixing the eggplant and marinade every 15 minutes to ensure even coating [iii]

PREPARATION – PART II

- 1) Pull the eggplant from the fridge and give one last mix
- 2) Gently pull the bacon strips from the marinade and unfold onto ½ sheet cooling racks in ½ sheet pans (it should take about 3 pans for even spacing)
- 3) Cover the bottom of a 9x13 glass pan with corn starch
- 4) Coat “bacon” slices on both sides with corn starch replacing each slice on the cooling racks after they are coated
- 5) Repeat steps 2 – 4 until all “bacon” is coated, adding cornstarch for coating as required

PREPARATION – PART III

IF YOU ARE COOKING THIS AS STRIPS [IV]

- 1) Heat oven to 250 deg. F
- 2) Cook “bacon” for 45 minutes
- 3) Pull and let cool for a few minutes [v]
- 4) ENJOY!!!

IF YOU ARE USING THIS FOR SOMETHING ELSE

1) GET ON WITH IT!!!

NOTES

- i. Unless you have a very sharp knife (and are really good with it), you really do need a mandolin to get the consistent, thin slices of eggplant
- ii. I have found that the skin is rather bitter
- iii. I think you can leave it overnight after the first hour. Just make sure to thoroughly mix eggplant and marinade then let sit for 15 minutes before doing whatever it is you are going to do with it
- iv. Remember how I said this was a work in progress? This part is one of the reasons for it
- v. It will “crisp” up as it sits
- vi. Set the “thick” end slices aside if you can use it or discard with the skin

PICTURES







