

Portobello Bacon

Swick

Serves 1 | Active Time: 15 minutes | Total Time: 1 hour 15 minutes

Preparing the Marinade

Preheat the oven to 275°F (135°C). To prepare the portobello bacon, first prepare the marinade. Mix together the maple syrup, liquid smoke, tamari, onion granules, and black pepper. Whisk well and set aside while you prepare the mushrooms.

Step 1: Preparing the Marinade

- 1/4 cup tamari or soy sauce
- 2 tsp liquid smoke (mesquite preferably)
- 3 tbsp maple syrup
- 1 tbsp onion granules
- black pepper, to taste

Step 2: Prepping & Marinating the Mushrooms

- 5 portobello mushrooms

To prepare the mushrooms, using a small spoon, remove the gills from the inside of the mushroom. Next slice the mushrooms into approximately 1/4-inch-thick slices. Place the mushrooms into a shallow dish and pour the marinade over top, gently tossing the mushrooms to ensure they are fully covered in the marinade.

Let the mushrooms marinate for at least an hour or marinate overnight, in the refrigerator.

Step 3: Making the "Bacon"

The mushrooms can either be slow baked in the oven or they can be dehydrated.

To bake, first lightly spray a non-stick sheet pan. Lay each slice of marinated mushroom on the tray, not overlapping them. Bake at 275°F (135°C) for up to 1 hour or until crisp.

Alternatively, you can dehydrate them by laying each marinated mushroom on the dehydrator screen and dry until crisp, about 6 to 8 hours at 115°F (46°C).

The mushrooms can also be sliced raw and then sautéed like lardon to add wonderful depth and flavor to many soups, sauces and vegetable stews, such as this Beefless Bourguignon.