

Coconut "Bacon"

Swick

Makes 3 cups | Active Time: 2 minutes | Total Time: 30 minutes

Step 1: Preparing the Coconut

- 3 1/2 cups large flaked coconut, unsweetened
- 2 tbsp all-natural liquid smoke
- 2 tbsp maple syrup
- 1 tbsp Bragg Liquid Aminos*
- 1 tbsp water
- 1 tsp freshly ground black pepper

To start, preheat the oven to 325°F (162°C).

To prepare the coconut, mix together the liquid smoke, maple syrup, Bragg (soy sauce or tamari would also work), water and pepper. *Note: Feel free to experiment with the spices here. This "bacon" is also really good with 1/2 tsp or so, of onion powder, garlic powder and a pinch or two of chipotle powder. I have even made the base and then added in ingredients such as hot sauce and barbecue sauce.

Add the coconut flakes to the liquid mixture and gently fold together to fully coat the flakes.

Place onto a non-stick baking tray (or line a tray with parchment) and place into the oven. Let cook for 20 to 25 minutes, or until golden brown. Be sure to stir the mixture every 5 minutes or so to ensure it cooks evenly. Also, be sure to keep an eye on the coconut, as it can burn around the edges if not stirred fairly frequently.

Once done remove from the oven and let cool. The coconut bacon will keep for several days...if it lasts that long that is.

Chef's Notes

This "coconut bacon" can be used in many of the same ways that regular bacon is used to add flavor to dishes. It even makes a great BLT sandwich, only in that case it would be called a CLT (coconut, lettuce & tomato) sandwich!