

'K'booms' 🌱 kebab meat made from shrooms

Cooking time approx 20 mins. Makes enough for 2-3 wraps. Requires oven + baking paper.

Ingredients

- 250 g brown chestnut mushrooms
- 2 tbsp tamari
- 1 tsp garam masala
- 1/2 tsp smoked paprika
- 1/2 tsp garlic powder
- 2 tsp tomato ketchup
- 1/2 cup Vital Wheat Gluten
- 4 tbsp olive oil

Instructions

0. Preheat the oven to 160 degrees Celsius (320 F).

1. Wash the mushrooms with water. (You may have been taught to just clean mushrooms with a brush, but the mushrooms should be wet for this recipe.)

2. Break up each mushroom (incl. the stalk) with a fork to create fibres of mushroom. You want strands of fibres, not a paste!
3. Add all the mushroom bits to a mixing bowl and add all the remaining ingredients EXCEPT THE OIL.

4. Stir the mixture very well with a wooden/plastic spoon until there is no gluten flour at the bottom of the bowl and all the spices are well distributed. The mixture should be lumpy and loose, not one big ball.

5. Spread the mixture evenly on a baking tray lined with baking parchment. Try to keep the pieces roughly the same size. Drizzle with the 4 tbsp olive oil and place in the oven.

6. After 10 mins, stir the mixture up with a wooden spoon so that the pieces that were around the outside are in the middle and vice versa.

7. Cook for another 5-6 minutes or until becoming firm but not black. Ovens vary so it might take more or less time. If it feels flabby and squidgy in the mouth then it's not cooked enough.

8. Serve in a wrap or sandwich with your favourite fillings and sauce.

Recipe by Plant-Aardig (plant-aardig.net) 🌱