

Vegetarian Chicken Nuggets (Chicken of the Woods Recipe)

Ingredients

- ¼ lb. fresh chicken of the woods mushroom
- 1 tbsp. soy sauce
- 1 tbsp. nutritional yeast
- ½ tsp. salt
- ½ tsp. onion powder
- *Optional:* ½ tsp. seasoning blend (I used this one)
- 1 cup vital wheat gluten
- 1 cup breadcrumbs

Steps

1. Set up a steamer. Clean your mushrooms, and then steam them for 15 minutes. Transfer to your food processor, and blend until very smooth. Add the soy sauce, nutritional yeast, salt, onion powder, seasoning blend, and 3 tablespoons of water and pulse to incorporate. Add the vital wheat gluten and process, until it forms a smooth dough (you can add a little more water if needed).
2. Transfer the dough to a clean work surface, and knead 15-20 times, so the dough is smooth and even. Using a bench scraper, divide your dough into 16 pieces (this can be easily done by dividing your dough into half, and dividing each piece into half three more times). Shape them into a rough chicken nugget shape.
3. Set up your steamer again, and place each nugget inside with plenty of space around them (you may need to work in batches). Steam each batch for around 30 minutes and remove from the oven. Allow them to cool while you preheat the oven to 400°F (200°C).
4. Gently brush a nugget with a little water and dip in the breadcrumbs to coat (if the nuggets are still fairly wet from the steamer, you can skip the water). Place on a unlined baking sheet, and repeat with the remaining nuggets. Spray or drizzle with a little oil, and cook for 15 minutes before flipping and returning to the oven for another 10. Serve warm with your favorite dipping sauce.

