

Bloomin' Maitake (Vegan Hen of the Woods Recipe)

Ingredients

- 1 small maitake mushroom (about ¼ lb. in weight)*
- 1 can chickpeas (aquafaba only)
- 1 cup all-purpose flour
- 1 tbsp. nutritional yeast
- 1 tsp. dried thyme
- 1 tsp. dried basil
- 1 tsp. garlic powder
- ½ tsp. smoked paprika
- ½ tsp. dried oregano
- ½ tsp. salt (plus more, for sprinkling)
- ½ tsp. ground pepper
- Vegetable oil, to fry

Steps

1. Clean your maitake without breaking it, as much as possible. Cut off the dirt on the bottom, and use toothpicks to secure the maitake from breaking at the bottom. Place it in a bowl of water, and gently swish it around to remove any dirt. Take out of the water, and gently blot dry with a clean towel.

2. Separate the chickpeas from the liquid (aquafaba), and reserve the liquid in a medium-sized bowl. Save the chickpeas for another use. Combine the flour, nutritional yeast, and spices in a medium-sized bowl, and whisk. Prepare a baking tray with a cooling rack on top to place the fried mushroom on top. Heat enough oil to cover your maitake in a medium-sized pot to roughly 350°F (175°C).

3. As your oil heats, dip your maitake in the aquafaba. Transfer to the seasoned flour, and toss, spooning the flour into the crevasses to totally cover the mushroom. Shake gently to remove any excess flour and place in the hot oil. Cook for about 6 minutes, flipping once or twice as it cooks. Once golden and crispy, remove from the oil and transfer to the cooling rack. Sprinkle with salt, let cool for a few minutes, and enjoy!



Notes:

- ❖ If desired, you can probably make about three small bloomin' maitake from this recipe, but you'll want to keep your mushrooms small so you're easily able to bread and fry them.
- ❖ Serve with your favorite dipping sauce. Garlic or sriracha vegan mayo are both delicious choices, as are maple mustard, vegan ranch, or an extra smooth tarragon pesto.