



Mushroom Jerky

- 2 tablespoons Worcestershire sauce
- 4 tablespoons brown rice or cider vinegar
- 4 tablespoons maple syrup, molasses or honey
- 6 tablespoons tamari or soy sauce
- 4 portobello mushrooms
- 1 generous teaspoon pimentón
- 1 teaspoon freshly ground black pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder

Remove stems from mushrooms and reserve for another use. Gently wipe caps clean with a damp paper towel, then slice into even strips, about 3/4" thick.

Combine remaining ingredients in a large bowl and stir to mix well. Add mushroom slices and gently toss to coat. Transfer everything to a large ziploc bag and lay flat on a plate or shallow dish. Refrigerate for at least 4 hours or overnight, turning several times.

After marinating, remove mushrooms from marinade and spread in a single layer on a rack of some sort (broiler pan, cooling rack, etc) to drain for 15 minutes or so. Then transfer to dehydrator trays and dry them in a single layer at 120° for about 5 hours, or until mushrooms are leathery—dry and chewy, not crunchy. Dehydrating time will vary according to how much liquid the mushrooms absorbed, so check them starting at about 3 1/2 hours.

When dry, cool to room temperature and store in a sealed container like a glass jar or ziploc bag.