

Mushroom Bacon

Source: Developed by the Culinary Institute of America Consulting

About the Recipe

128 Calories • 1 g Protein • 1 g Fiber

Breakfast

Ingredients

Makes 8 Servings

- 4 cups button mushrooms, bottom of stem removed
- 1/2 cup onion, minced
- 2 teaspoons canola oil
- 2 teaspoons lemon juice
- 1/2 teaspoon ground black pepper
- 1 teaspoon salt
- 8 sheets rice paper, 8 to 10 inches in size
- 1/4 cup canola oil

Directions

1. Rinse and dry the mushrooms. The mushrooms must be dry before going in the smoker. In a cold smoker, smoke the mushrooms for 1 hour.
2. In a food processor, process the mushrooms until very finely chopped, but not wet. Saute the onions in oil and add the mushrooms. Cook until all the water is evaporated from the mushrooms. Add lemon juice and season with pepper and salt.
3. Oil a work surface and run the rice paper sheet under water and on both sides. Place the sheet on the oiled surface and spread a thin layer (2 inches wide) of the mushroom mixture one-third the way up and across the rice paper sheet. Working from the bottom, fold the rice paper over the mushroom mixture and fold the ends in similar to rolling a burrito. Continue folding until the rice paper

is wrapped around the mushrooms. Try to avoid excess air when rolling as this will expand the rice paper during cooking.

4. Heat a saute pan and add the oil. Cook the mushroom bacon several minutes per side or until golden brown and crispy. If air bubbles form, press them down with a metal spatula. Notes: To make a cold smoker, line a deep hotel pan with aluminum foil. Place 1/2 cup of medium-size wood chips on the bottom of the pan and cover the pan with more foil. Place the hotel pan on an open burner for about 5 minutes or until the chips just start to smolder. When the chips begin to smolder, remove the pan from the heat. Remove the foil cover and place the mushrooms on a rack on top of the pan. The mushrooms should be well above the smoldering chips. Recover with foil to trap the smoke. If the chips stop smoking, place the pan back on an open burner briefly to reignite. When the mushrooms are done smoking, be sure to extinguish the chips with water before discarding.

Nutrition Facts

Per Serving:

Calories: 128

Total Fat: 8 g

Saturated Fat: 1 g

% Calories From Fat: 57%

Cholesterol: 0 mg

Protein: 1 g

Carbohydrate: 13 g

Sugar: 1 g

Fiber: 1 g

Sodium: 340 mg

Calcium: 6 mg

Iron: 1 mg

Vitamin C: 2 mg

Beta-Carotene: 1 mcg

Vitamin E: 1 mg