

Herbert's Vegan Fried Chicken with Knock Yo Socks Off! BBQ Sauce

Vegan Chicken

Dry Ingredients:

- 3 cups vital wheat gluten
- 3 tbsp garlic powder
- 3 tbsp onion powder
- 3 tbsp dried poultry seasoning
- 2 tbsp paprika
- 2 tbsp black pepper
- ¼ cup nutritional yeast

Kneading Liquid:

- 2 cups vegetable broth
- 7 dashes liquid smoke (Mesquite flavor preferred)
- 3 tbsp coconut aminos (may substitute soy sauce, tamari or Braggs aminos)

Boiling Broth:

- 4 cups vegetable broth
- 2 cups water
- 14 dashes liquid smoke
- 6 tbs coconut aminos (may substitute soy sauce, tamari or Braggs aminos- just make sure it's the same as what you use for the kneading liquid)

Breading:

- 2 cups whole wheat flour
- 1 cup panko bread crumbs

Preparation:

1. In a large bowl, mix dry ingredients well. In a separate bowl, mix kneading liquids well. Pour wet into the dry; *using your hands* mix very well until tacky consistency forms. On a plate or bowl, mix breading mixture.
2. Once the dough has been kneaded and formed. Pull "chicken nugget" sized portions from the dough and let rest for 30 minutes on a large plate or bowl.
3. While nuggets are resting, prepare boiling broth in a large pot. Set heat for a low boil (not rapid boiling). After resting time has completed, carefully drop nuggets in boiling broth and let simmer for 45 minutes.
4. Mix breading ingredients together in a bowl. Pull nuggets out of boiling broth and set on a plate and cool. Then, roll each individually in the breading.

5. Frying the nuggets: Recommended frying in either canola or vegetable oil. Fill frying pan that's around 2" deep with oil. (If you have a home fryer, fill with oil per manufacturers instructions). Fry nuggets for ~ 5-9 minutes, or until browned. Remove and place on paper towel lined plate to absorb excess oil. Serve with Herbert's BBQ sauce listed below (or sauce of your choice)

Knock Yo Socks Off! BBQ Sauce

By Herbert Bell

Ingredients:

- 2 cups ketchup
- 2/3 cup water
- 1/3 cup cane sugar (brown preferred)
- Scant ½ cup habanero sauce*
- Scant ¼ cup Tiger sauce*
- 1 tbsp PickAPepa sauce*
- *should total ¾ cup hot sauce
- 6 Tbsp vegan Worcestershire sauce
- 1 tbsp minced garlic
- 1 tbsp chili powder

Preparation:

1. Mix all ingredients well with a whisk. Store in refrigerator for up to 2 weeks.