

MAITAKE JERKY

by Van Bialon

Maitake Marinade Ingredients:

1 ½ cups of orange juice

1 cup soy sauce

1 -2 teaspoons of ginger powder

or 1-2" thinly sliced fresh ginger [If you like heat, add more ginger or a shot of Sriracha]

4 cloves chopped garlic

3-5 TBL molasses

- Cut up the Maitake into cleaned slices about ¼" [a little less than the thickness of your pinky], a little less for the solid core, and place in boiling water. Simmer for about 10 minutes and drain well.

Meanwhile ... in a blender:

- Put all of the marinade ingredients and blend/puree for a few minutes [especially if you are using fresh ginger] then microwave the liquid for 3 minutes.
- Place the well-drained Maitake into a safe pan [preferably with cover] with 2 bay leaves [which you'll discard later—do not put these into blender].
- Pour the marinade over the Maitake and mix together.
- Marinate overnight or up to 24 hours [shake the pan several times]. Drain very well.
- Use a dehydrator on 135-145* for about 10 hours—smaller pieces dry faster than slabs—until it feels like jerky [you'll know].
- You can vacuum bag the jerky or put into airtight mason jars. If there is a lot, refrigerate.