

# Rice Paper Bacon

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## Ingredients

5 sheets of rice paper  
2 tbsp maple syrup  
2½ tbsp tamari  
2 tbsp avocado or unrefined sunflower oil  
2 tsp smoked paprika  
1 tsp brown rice vinegar  
1 tsp umeboshi plum vinegar (or you can just use brown rice vinegar)  
Cayenne pepper to your required heat  
Salt and pepper to taste

## Method

Mix all the marinade ingredients together then cut the rice paper into strips. Put some boiling water in a bowl and dip the strips into the water (don't let them go soggy so a quick dip is best), then place them in the marinade and coat. Remove any excess marinade with your fingers then place the strip on a paper lined baking tray. Bake in a 150°C oven for up to 10 minutes or until crisp.

NOTE: they can easily burn and then are completely ruined so keep your eye on them.

# Tempeh Bacon

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## Ingredients

1 block of tempeh cut nice and thin  
3 tbsp tamari  
2 tbsp maple syrup  
2 tbsp jalapeno water or some homemade chilli sauce  
2 tsp smoked paprika or 1 tsp liquid smoke  
2 cloves boiled garlic  
Salt and pepper to taste  
2 tbsp almond oil or unrefined sunflower oil

## Method

Mix the marinade and place the tempeh in the marinade, leave overnight or at least two or so hours. Cook the tempeh in a very hot frying pan and leave to go crisp and a bit charred (but not burnt) on each side.

*Veet Karen*

# Tofu Bacon

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## Ingredients

350g block of tofu cut into thin strips  
2 tbsp maple syrup  
2 tsp white miso (chickpea or soy miso is best)  
2 tbsp tamari  
2 tbsp pickled jalapeno brine or 2 tsp of chilli sauce or some cayenne pepper  
1 tbsp lemon juice  
2 cloves of garlic minced  
1 to 2 tsp smoked paprika or 1 tsp liquid smoke if you have it (check the bottle for how much to use)  
Salt and pepper to taste  
Unrefined sunflower oil for frying

## Method

Mix the marinade ingredients together then place the tofu strips in the marinade and make sure each piece is well coated. Leave in the marinade overnight. Splash some oil in a frying pan and when heated up add the tofu slices and cook on high for 3 to 5 minutes or until the tofu browns and goes crispy at the edges. Turn over and do the same for the other side.

*Veet Karen*