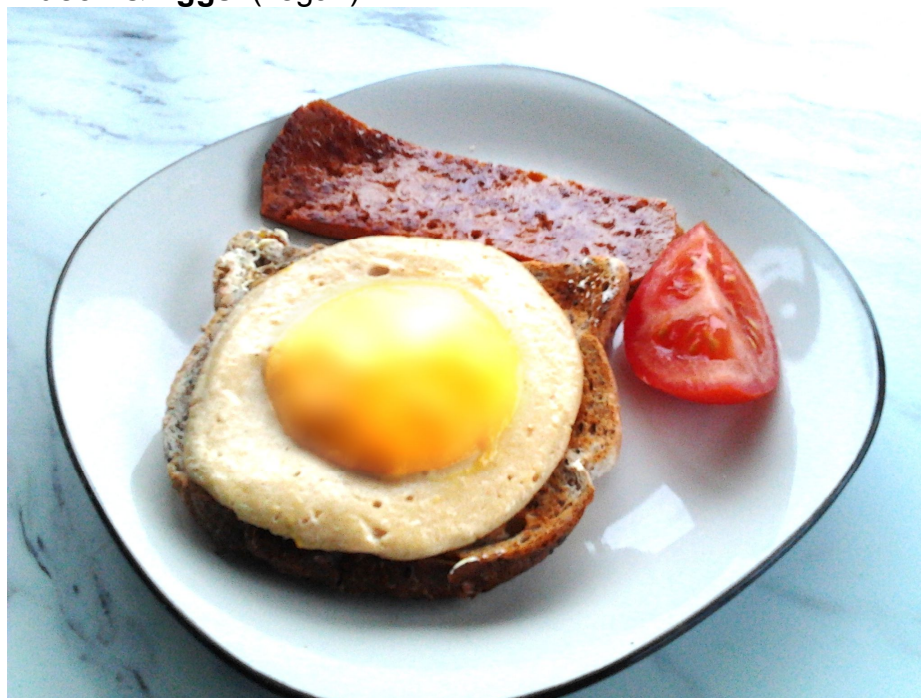


'Bacon & Eggs' (vegan)



Makin' Bacon (Fakin' Bacon) (Fried 'Eggs' next page)

¾ cup pure apple juice (no sugar)

2½ tsp salt

1 tsp msg (see footnote)

3 tsp liquid smoke

1 tsp paprika (and/or a few drops of red food colouring or beetroot juice)

1 cup + 1 Tbsp gluten flour

A little oil

Mix all ingredients EXCEPT, gluten flour and oil, together to ensure salt etc is dissolved

Put flour in bowl and gradually add the liquid mixture

Squish everything together with clean hands until a wet gelatinous dough

Either:

Compress the dough into a flat microwave-safe container and roll flat 5-6mm (¼")

Or:

Compress into a square lump in a microwave-safe container (to be sliced)

Spread a little oil over the surface and cover with lid or cling wrap

Sit container in a larger container with water in it (helps distribute heat evenly)

Microwave flat mixture on lowest setting for 30 min, or lump for 40+ min

When firm and evenly coloured, it's done. Avoid over-cooking as it will go hard

Cool and cut/slice into rashers to fry in margarine.

A Quick Note about MSG:

Contrary to the bad press MSG has had, it has been cleared of all charges!

It is now believed that there is no such thing as MSG allergy as many believe, and, in fact the 'Glutamate' part of it (Glutamic Acid) is an essential Amino Acid. It is also believed to lower blood pressure. It has an amazing ability to enhance the flavour of savoury food. Soy Sauce is full of it. The Chinese word for MSG translates as "Deliciousness".

Fried 'Eggs'

This recipe has been adapted from one in a wonderful book which I bought on-line: 'The Non-Dairy Formulary' by Skye Michael Conroy. It has great vegan cheese recipes and much more. (Check out his website: 'The Gentle Chef')

Egg White

The easiest thing to use is tofu. Soft tofu, if you used to like your egg white under cooked but I didn't, so I prefer the firm tofu, cut into rounds or square, about 1 cm thick or more (up to ½ inch). Alternatively, you can blend soft tofu with tapioca flour (you'll have to experiment with amounts) or try this:

1 cup water
2 Tbsp chic pea flour
2 Tbsp quinoa flour
2½ Tbsp tapioca flour
¼ tsp xanthan gum

Blend and let sit 'til it thickens a little

Lightly oil medium hot frypan

Pour egg-sized amounts, fry, cover to cook top or flip over if preferred

When firm, put spoonfuls of hot 'yolk' sauce in centre of each 'egg'.

Egg 'Yolk' (sauce)

This is almost the exact recipe from the book I mentioned earlier:

This sauce is delicious and surprisingly like lightly-cooked liquid egg yolk.

Ingredients:

¼ cup non-dairy margarine
2 tsp unmodified potato starch, cornstarch or arrowroot powder
1 T nutritional yeast
¼ tsp kala namak (Himalayan black salt)
⅛ tsp paprika (a pinch)
⅛ tsp turmeric (a pinch)
½ cup water
¼ cup plain unsweetened soymilk with no additives

In a small saucepan, melt the margarine over low heat.

Dissolve the black salt in the water and let sit until the sediment settles

Carefully pour salty water into blender, leaving the black grit behind.

Add the milk and all the dry ingredients and blend

Whisk mixture into melted margarine in saucepan, then stir with spatula.

Increase the heat to medium-low and cook, stirring frequently until the sauce comes to a simmer. Immediately reduce the heat to low to keep warm and stir occasionally until your 'egg whites' are cooked. Spoon the sauce onto the whites and serve with 'Makin' Bacon', toast or whatever.