

Easy Homemade Teriyaki Mushroom Jerky (Dehydrator Recipe)

, balanced by the sweetness of



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INGREDIENTS

... cup reduced sodium tamari or soy sauce

3 TBS rice vinegar

2 TBS brown sugar

1 % tsp sesame oil

1 tsp sriracha (adjust to your preferred heat level)

1 garlic clove, grated

% inch ginger, grated (about 1 tsp)

8 oz portabella mushroom caps (about 2 large)

Swaps and Notes:

Mushrooms: While portabella caps are ideal for their meaty texture and size, you could experiment with other sturdy mushrooms like cremini (baby bellas), sliced thicker.

Tamari/Soy Sauce: Reduced sodium versions are great for controlling saltiness. For a strictly gluten-free option, ensure you use tamari.

Sweetener: Brown sugar gives a nice molasses note, but maple syrup (2 TBS) could be used for a more natural sweetener and a slightly different flavor.

Sriracha: Adjust the amount of sriracha to control the heat. If you like it spicier, add more; for less heat, reduce or omit.

Grated Garlic/Ginger: Freshly grated garlic and ginger provide the best, most vibrant flavor compared to powdered versions.

Marinade Depth: For an even more complex flavor, you could add a tiny pinch of onion powder or a

splash of liquid smoke (about ... tsp) to the marinade.

Dehydrator: A dehydrator is highly recommended for the best, most consistent results. While an oven on its lowest setting might work, it's harder to control and less efficient for drying out moisture.

Directions:

Prepare the Marinade: In a watertight container (a glass jar with a lid, or a re-sealable plastic bag work well), combine the reduced sodium tamari (or soy sauce), rice vinegar, brown sugar, sesame oil, sriracha, grated garlic, and grated ginger. Whisk or shake vigorously until the brown sugar is fully dissolved and all ingredients are well combined.

Slice & Marinate Mushrooms: Clean your portabella mushroom caps by gently wiping them with a damp cloth (avoid rinsing them directly under water, as they absorb moisture easily). Slice the mushroom caps into approximately 1/3 inch thick pieces. Add these mushroom slices directly to the prepared marinade, ensuring they are well coated and submerged.

Cover & Marinate: Cover the container or seal the bag tightly. Place the marinating mushrooms in the refrigerator for about 8 hours. During this time, the mushrooms will release their juices, so it's a good idea to toss or gently shake the container occasionally to re-coat them and ensure even flavor absorption.

Dehydrate Mushrooms: After marinating, remove the mushroom slices from the marinade, allowing any excess liquid to drip off. Discard the leftover marinade. Arrange the marinated mushroom slices on your dehydrator trays in a single layer, making sure none of the pieces are overlapping. Set your dehydrator to 125°F (52°C). Let them dry for about 12 hours.

Check for Doneness: The drying time can vary based on the thickness of your slices and your dehydrator model. Check the mushrooms periodically. You're looking for them to be fully dried out and chewy, but still pliable. They shouldn't be brittle, nor should they feel moist or squishy in the center. Adjust the dehydration time as needed.

Store: Once they're dried to your liking and have cooled completely, transfer the mushroom jerky to an airtight container. This will keep them fresh and chewy.

Tips for Success:

Uniform Slices: Thin, consistent slices of mushrooms are key for even dehydration. A sharp knife and a steady hand are essential, or use a mandoline if you're comfortable.

Don't Overcrowd Trays: Ensure there's good air circulation around each mushroom slice on the dehydrator trays. Overlapping will lead to uneven

drying.

Pat Dry After Marinating (Optional): If your mushrooms feel excessively wet after marinating, a very gentle pat with a paper towel can help speed up drying time, but be careful not to remove too much of the flavor.

Dehydrate Until Chewy: Resist the urge to pull them out too early. They should be flexible but not soft or wet. They will firm up slightly as they cool.

Airtight Storage: Humidity is the enemy of jerky. Store immediately in an airtight container once cooled.

Serving Suggestions and Pairings:

A vegan charcuterie board

Crumbled over salads for a burst of umami and texture

As a flavorful topping for ramen or grain bowls (rehydrate slightly with a warm broth if desired)

A healthy alternative for hiking or camping snacks

My A Light, Tangy Chicken Salad I Actually Crave (and There's No Mayo in Sight!) for a fresh, protein-packed option.

DIRECTIONS

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7. **Enjoy your homemade mushroom jerky as a tasty, healthy snack!**
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12. **Airtight : Storage:** Humidity is the enemy of jerky. Store immediately in an airtight container once cooled.
13. **Serving Suggestions and Pairings:** This Teriyaki Mushroom Jerky is a fantastic healthy snack on its own, perfect for curbing cravings or taking on the go. It also makes a unique addition to:
 14. A vegan charcuterie board
 15. Crumbled over salads for a burst of umami and texture
 16. As a flavorful topping for ramen or grain bowls (rehydrate slightly with a warm broth if desired)
 17. A healthy alternative for hiking or camping snacks
 18. For other healthy and convenient snack ideas, you might also enjoy:
 19. **My A : Light, Tangy Chicken Salad I Actually Crave (and There's No Mayo in Sight!)** for a fresh, protein-packed option.
 20. Or a refreshing glass of : **This Blueberry Lemonade is My Favorite Refreshing Drink for Sunny Days** to complement the flavors.
 21. **Storage and Leftover Tips:** The key to keeping your Teriyaki Mushroom Jerky fresh and chewy is proper storage. Once completely dried and cooled, place it in an airtight container. For best longevity, store it in the refrigerator, where it should last for several weeks. You can also freeze it for up to 3-6 months. If your jerky loses some of its chewiness, you can often re-crisp it briefly in the dehydrator or a very low oven.
 22. **More Recipes You Will Love:** If you loved the wholesome and delicious nature of this mushroom jerky, you'll definitely want to explore some of these other fantastic healthy snack and dessert recipes:
 23. For a sweet no-bake craving, check out my : **This**

Edible Cookie Dough is My Favorite No-Bake Treat for Late Night Cravings.

24. My These : No-Bake Monster Cookie Energy Balls Are My Favorite Snack to Keep on Hand are perfect for a quick energy boost.
25. And for another easy, wholesome, no-bake bar, try my These No-Bake Peanut Butter Oatmeal Bars Are My Favorite Snack to Keep on Hand.

SWAPS & NOTES

of rice vinegar, ginger, and sriracha , creates an incredibly complex and irresistible flavor profile.

Marinating the mushrooms for an extended period ensures they soak up all that deliciousness, and the dehydration process concentrates those flavors into a delightfully chewy bite.

It's a healthy, flavorful, and incredibly unique snack that I find myself craving all the time!

Tamari/Soy Sauce: Reduced sodium versions are great for controlling saltiness.

TIPS FOR SUCCESS

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More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/easy-homemade-teriyaki-mushroom-jerky-dehydrator-recipe/>