

Homemade Mushroom Jerky: Savory, Chewy & Vegan Snack

Homemade Mushroom Jerky: Your New Favorite Savory & Chewy Snack



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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
- 1 garlic clove, grated (or finely minced)
- % inch fresh ginger, grated (about 1 tsp)
- 8 oz portabella mushroom caps (about 2 large)

DIRECTIONS

1. Prepare the Marinade: In a watertight container (a jar with a lid, a bowl with a tight-fitting lid, or a resealable plastic bag), combine the ... cup reduced sodium tamari or soy sauce, 3 tablespoons rice vinegar, 2 tablespoons brown sugar, 1 % teaspoons sesame oil, 1 teaspoon sriracha, 1 grated garlic clove, and % inch (about 1 teaspoon) grated fresh ginger. Whisk everything together thoroughly until the brown sugar is fully dissolved and all ingredients are well combined.
2. Slice and Marinate Mushrooms: Carefully wipe the portabella mushroom caps clean with a damp cloth (avoid rinsing under water, as mushrooms absorb a lot of moisture). Slice the mushroom caps into approximately 1/3 inch thick pieces. Add these mushroom slices to the prepared marinade, ensuring they are well coated by gently tossing them or pressing them into the liquid.
3. Chill and Infuse: Cover the container tightly. Place it in the refrigerator and let the mushrooms marinate for about 8 hours. For even deeper flavor and better texture, marinating overnight (12-16 hours) is highly recommended. During the marinating process, the mushrooms will release their juices into the marinade. Toss them occasionally (every few hours) to re-coat them and ensure even flavor distribution.
4. Dehydrate (Dehydrator Method): After marinating, remove the mushroom slices from the marinade and let any excess liquid drip off. Arrange the marinated mushroom slices on your dehydrator trays in a single layer, ensuring there's ample space between each piece for optimal airflow. Set your dehydrator's temperature

to 125°F (52°C). Let them dry for approximately 12 hours. The exact time will depend on the thickness of your slices and your dehydrator model. Check for doneness; the jerky should be dry, firm, and chewy, but still pliable, not brittle.

5. Store the Jerky: Once your mushroom jerky is dried to your liking, let it cool completely to room temperature. This is important to prevent condensation inside the storage container. Store the jerky in an airtight container to keep it fresh and maintain its chewy texture. For best quality and to prevent any potential spoilage, it's recommended to store homemade mushroom jerky in the refrigerator for longer freshness.

SWAPS & NOTES

, infuses every slice of mushroom, creating an umami bomb that keeps you coming back for more.

Plus, it's a fantastic vegan alternative that's packed with nutrients.

The process is straightforward, and the result is an addictive snack that's perfect for satisfying cravings without any guilt.

Regular soy sauce works too, but you might want to reduce the added salt (if any, though none is explicitly added in this recipe, the tamari/soy sauce is the primary salt source).

TIPS FOR SUCCESS

Thin & Uniform Slices: Don't Overlap: Ensure mushroom slices are in a single layer on dehydrator trays for even drying.

Long Marination: The longer the marination, the more flavor the mushrooms will absorb.

Wipe, Don't Wash: Mushrooms absorb water easily.

Wipe them clean with a damp cloth instead of rinsing under a faucet.

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