



Jamaican Vegan Fried Chicken

Created by Chantoll Williams of [Rasta Mama's Kitchen](#), Vacaville, CA

Ingredients:

1 pound Oyster Mushrooms
1 tsp. Curry powder
1 tsp. Garlic powder
1 tsp. Onion powder
½ tsp. ground Cumin
½ tsp. dried Thyme
¼ tsp. Black pepper
¼ tsp Paprika
1 tsp. Veggie bouillon
a couple pinches of salt
Fresh ginger juice (grate about 2 inches of fresh ginger to get the juice)
2 Tbsp. Chickpea flour
Avocado oil, as needed

Instructions:

- Rub the mushrooms clean with a towel; do not use water.
- Cut off the mushroom cap and leave it to the side.
- Take the body/stem of the mushroom and run a fork through ¾ of it to shred it (leave one end intact so the layers stay together.)
- Put the ginger juice on the mushrooms (caps and stems) and mix to coat them with the juice.
- In a small bowl, combine all the spices (excluding the chickpea flour) and then add the spices to the mushrooms and toss to coat them in the spices.
- Once mixed well, dip the seasoned mushrooms in the chickpea flour.
 - Heat pan with avocado oil over medium-high heat. Shallow fry the mushrooms until golden, flipping to cook both sides.
 - When done, drain on paper towels for a bit, then serve.

Chef's Note: If you would like more flavor and a bit of a kick, double the spices and add 1/4 tsp scotch bonnet pepper. If that's not available, add Cayenne pepper.

This class was done in partnership with Sustainable Solano.

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