



V-LEARNING COMMUNITY

Bacon and Chicken Strips

Yuba (Tofu Skin) or Rice Paper are a great way to make crispy bacon, chicken strips, etc.

- Pour soy milk in wide skillet - about a half inch deep.
 - Turn the heat to medium-low. Too hot and it will bubble.
 - Wait for a thin layer of skin to form on the top.
 - Run knife around the perimeter to loosen it.
 - With tongs, pick up the skin and drape over a dowel that's placed on the rim of a bowl. Allow it to drip for a couple minutes.
 - Unwrap (if needed) and lay flat in a bowl to marinate.
- Or*
- Cut Rice Paper into strips or use thinly slice tofu.

Marinate Yuba or Rice Paper for a couple minutes. Portions depend on your taste preference and the amount of Yuba you made.

- Bacon: soy sauce, vegetable broth (water or canola oil), and nutritional yeast. May also want to add a sweetener like maple or date syrup, or blended pitted dates, and a small amount of liquid smoke.
 - Chicken Strips (which can be wrapped around marinated pressed tofu): vegetable broth (water or canola oil), nutritional yeast, and poultry seasoning.
- Cook in a skillet or air fryer (320 degrees for 7-8 minutes) until it becomes crispy.

Note: these strips can also be added to soup, noodle, or rice dishes.

