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Vegan Calamari

By: Maya from Dreamy Leaf



Another classic Spanish tapas dish is calamari, also known as calamares, traditionally made from squid. This plant-based alternative is perfect paired with Carmen's garlic aioli recipe! Maya shares her cruelty free alternative for this crispy and chewy dish, with none of the cruelty!

Vegan Calamari

Serves: 2-4

INGREDIENTS:

- 8-9 small trumpet mushrooms or 4 king trumpet mushroom
- 1/2 cup chickpea flour
- 1/2 cup all purpose flour
- 1 cup beer or mineral water
- 3 cups panko bread crumbs
- 1 tbsp Italian seasoning
- 1 tsp garlic powder
- 3 tsp salt
- 1/2 tsp cayenne pepper
- 1 tsp ground black pepper
- 1 nori sheet crumbled (optional for sea food taste)
- avocado oil or vegetable oil for pan frying

INSTRUCTIONS:

1. Wash the trumpet mushrooms, trim ends and tops.
2. If using king trumpet mushroom, peel the skin off with vegetable peeler. You don't need to do this step if you are using regular trumpet mushrooms.
3. Slice the mushroom stems crosswise into disks
4. Use a small round cookie cutter to punch out the core of each slice so that you end up with rings. I actually used the tip of a cream squeezer as the cutting mold.
5. Put the chickpea flour and corn flour into a medium mixing bowl. Add the beer (or mineral water) and stir to combine.
6. In a separate bowl, combine all the seasonings and panko bread crumbs.
7. Dip the mushroom rings first in the liquid batter and then into the breadcrumb mix, coating them as uniformly as possible.
8. Put the avocado oil (or other vegetable oil) in a frying pan over medium-high heat. I prefer to use an iron cast pan.
9. Wait until the oil is very hot but not smoking. Add the mushroom rings in small batches to make sure you don't crowd out the pan. Fry the rings on each side until they have a golden-brown crust.
10. Serve immediately to ensure crispiness!



ABOUT THE AUTHOR

Maya is culinary creative and photographer. She has a diverse background in visual arts. Her foray into sharing her experience began when she was asked to create recipes for a wine bar & bistro in Palo Alto, California where she then continued to work as a chef. After finding her way into veganism, her focus has shifted towards the internet in hopes of spreading the love and contributing to the growth of the plant-based cuisine as well as the lifestyle.

Visit Maya at dreamyleaf.com

