

Hen of the Woods Jerky

Makes about 2 cups marinade, enough for a large hen

For the marinade:

1	c.	sweet apple cider
¾	c.	low sodium soy sauce, or tamari
2-4	cloves	garlic, chopped
½	tsp.	ground white pepper
½	tsp.	ground fennel
5	Tbsp.	maple syrup
½-1	Tbsp.	Sriracha chili-garlic sauce

1. Place all marinade ingredients in a blender, and puree for a minute. Pour the marinade in a glass or non-reactive shallow pan, preferably one with a cover.
2. Clean the hen of the woods mushroom, making 1/8" thick slices of the core and the larger fronds. All parts can be used, but they will dehydrate at different rates and shrink up quite small.
3. Boil the mushroom for 10 minutes, and drain completely. Place the boiled hen pieces in the marinade while still hot, and refrigerate for 4-6 hours.
4. Remove the pieces of hen from the marinade and drain the excess liquid off before arranging on dehydrator trays. If drying in the oven, use wire racks placed on a sheet pan. Arrange the marinated mushroom on the trays and dehydrate at 120-130°F for 6-12 hours, until dried and leathery. The time will vary based on the thickness and sizes of the pieces, so check it often.
5. Store in an airtight jar or vacuum pack.

We often have more mushroom pieces than the dehydrator can handle at once, so we use the marinade one more time to flavor another batches, the second batch getting soaked a bit longer, until we use up all the hen. Check out these photos to see how much a very thick frond will shrink up, the top picture is raw, then the center picture is after boiling, and the third picture is after marination and dehydration.