



portobello mushroom schnitzel

Servings
6 servings

Prep Time
10 minutes

Cook Time
20 minutes

Kosher Key
Parve

Description

Delicious crunchy vegan beer-battered schnitzel recipe with panko. Can also be made with seltzer instead of beer. Crispy, flavorful, irresistible.

Ingredients

Tori's Crispy Panko Coating Ingredients

- 1 1/4 cups flour
- 1 tbsp cornstarch
- 1 tsp salt
- 1 tsp garlic powder
- 1/2 tsp cayenne pepper
- 1 tbsp hot sauce
- 12 oz beer or seltzer water or more as needed
- 3-4 cups panko breadcrumbs
- 2 tbsp sesame seeds optional, recommended

Other Ingredients

- 4 large portobello mushroom caps (1/2 lb. total), cut into slices a little wider than 1/2 inch
- Grapeseed oil for frying

Recipe Notes

You will also need: Mixing bowl, skillet, paper towels or wire cooling rack

Instructions

1. In a mixing bowl whisk together the flour, cornstarch, salt, garlic powder and cayenne.

2. Stir in the hot sauce and beer or seltzer until a thick but pourable batter forms. Note that the beer will be difficult to measure out due to foam; you'll need at least one 12 oz. bottle of beer to make this batter. The batter should be thick like pancake batter, but if it appears clumpy or overly thick add more beer, seltzer or water until mixture is thin enough for dipping.
3. Stir together the panko breadcrumbs and sesame seeds, then pour them onto a plate. Dip the mushroom slices into the batter...
4. ...then into the panko sesame mixture to coat. Use one hand for wet dipping and the other for dry, otherwise you'll end up with lots of clumps in the dry coating ingredients.
5. Heat ½ inch of grapeseed oil in a skillet over medium until hot but not smoking. Fry the mushroom slices in batches of 4 or 5 pieces for 2-3 minutes on each side until golden brown and crispy. You may need to add more oil midway through cooking. Drain on paper towels or a wire cooling rack.
6. Sprinkle with additional salt to taste, if desired. Serve hot.

Nutrition Facts

Portobello Mushroom Schnitzel

Amount Per Serving

Calories 277

Calories from Fat 27

% Daily Value*

Total Fat 3g	5%
Sodium 750mg	31%
Potassium 126mg	4%
Total Carbohydrates 51g	17%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 8g	16%
Vitamin A	1.2%
Vitamin C	2%
Calcium	10.9%
Iron	19.9%

* Percent Daily Values are based on a 2000 calorie diet.