**Herbert’s Vegan Fried Chicken with Knock Yo Socks Off! BBQ Sauce**

**Vegan Chicken**

**Dry Ingredients:**
- 3 cups vital wheat gluten
- 3 tbsp garlic powder
- 3 tbsp onion powder
- 3 tbsp dried poultry seasoning
- 2 tbsp paprika
- 2 tbsp black pepper
- ¼ cup nutritional yeast

**Kneading Liquid:**
- 2 cups vegetable broth
- 7 dashes liquid smoke (Mesquite flavor preferred)
- 3 tbsp coconut aminos (may substitute soy sauce, tamari or Braggs aminos)

**Boiling Broth:**
- 4 cups vegetable broth
- 2 cups water
- 14 dashes liquid smoke
- 6 tbs coconut aminos (may substitute soy sauce, tamari or Braggs aminos—just make sure it’s the same as what you use for the kneading liquid)

**Breading:**
- 2 cups whole wheat flour
- 1 cup panko bread crumbs

**Preparation:**

1. In a large bowl, mix dry ingredients well. In a separate bowl, mix kneading liquids well. Pour wet into the dry, *using your hands* mix very well until tacky consistency forms. On a plate or bowl, mix breading mixture.

2. Once the dough has been kneaded and formed. Pull “chicken nugget” sized portions from the dough and let rest for 30 minutes on a large plate or bowl.

3. While nuggets are resting, prepare boiling broth in a large pot. Set heat for a low boil (not rapid boiling). After resting time has completed, carefully drop nuggets in boiling broth and let simmer for 45 minutes.

4. Mix breading ingredients together in a bowl. Pull nuggets out of boiling broth and set on a plate and cool. Then, roll each individually in the breading.
5. Frying the nuggets: Recommended frying in either canola or vegetable oil. Fill frying pan that's around 2" deep with oil. (If you have a home fryer, fill with oil per manufacturers instructions). Fry nuggets for ~ 5-9 minutes, or until browned. Remove and place on paper towel lined plate to absorb excess oil. Serve with Herbert’s BBQ sauce listed below (or sauce of your choice)

**Knock Yo Socks Off! BBQ Sauce**

*By Herbert Bell*

**Ingredients:**

- 2 cups ketchup
- 2/3 cup water
- 1/3 cup cane sugar (brown preferred)
- Scant ½ cup habanero sauce*
- Scant ¼ cup Tiger sauce*
- 1 tbsp PickAPepa sauce*
  *should total ¾ cup hot sauce
- 6 Tbsp vegan Worcestershire sauce
- 1 tbsp minced garlic
- 1 tbsp chili powder

**Preparation:**

1. Mix all ingredients well with a whisk. Store in refrigerator for up to 2 weeks.