

Zero Waste banana skin bacon, rhubarb ketchup in a quinoa roll

Ingredients - Makes 10 mini rolls

Banana peel bacon

4 very ripe banana skins
3 tbsp gluten free tamari soy sauce
1 tbsp maple syrup
½ tsp smoked paprika
½ tsp garlic powder

Rhubarb ketchup

400g rhubarb
150g caster sugar
10ml sherry vinegar

Red quinoa mini rolls

250g strong white flour
10g yeast quick active
5g Cornish sea salt
25ml rapeseed oil
150ml water
5g red quinoa for topping rolls



Method

1. To make the banana skin bacon, scrape all peel of the skin & marinate in all other ingredients for 3 hours to take on the flavour.
2. Whilst the banana skin is marinating make the dough by putting all ingredients into a mixing machine with a dough hook on apart from water & quinoa seeds. Turn mixer on to lowest setting & start adding the water until becomes a dough reasonably tacky & mix for 10 minutes or until dough is stretchy & can see through like a stained-glass window. Prove the dough until doubled in size. Knock back & shape into 10 40g balls & put onto a non-stick tray & cover until doubled in size again. Brush with water & top with the 5g of quinoa seeds & bake in the oven at 200 degrees for 10 minutes. Take out the oven & cover with a cloth for 5 minutes until become soft.
3. To make the rhubarb puree, fry the rhubarb in a little bit of oil, add the caster sugar & sherry vinegar & season to taste. Reduce by ½ or ketchup consistency & blend & leave to cool.
4. To cook the bacon put the banana skin onto a non-stick tray & bake for 10 minutes at 160 degrees. Take out the oven, cut open your buns & put a squirt of rhubarb ketchup in each one top with banana bacon & another squirt of ketchup.
5. Enjoy your vegan rolls.

All Chefs Are Responsible For Using Correct Measurements To Ensure Nutritional Analysis Is As Accurate As Possible. Allergens, Although Stated, Are To Be Used As A Guide And Dishes Must Have All Allergens Checked Before Sale, As Products May Vary Slightly From Suppliers



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