

SMOKED BBQ CHICKN

One of our Sunday traditions growing up in Kansas City was smoked BBQ chicken with all of the fixins! I carried this forward with my family over the years. One of my worst fears when switching to a plant based diet was not being able to experience these amazing times over BBQ with my family! That fear was quickly forgotten when I discovered soy curls, yes, soy curls! These amazing morsels of goodness not only look and taste like chicken when they are cooked right, but they are way more versatile and a lot faster to make than actual chicken!

INGREDIENTS

- 1 - 8 oz bag of Butler Soy Curls or other Non-GMO Soy
- 1/4 tsp Fool's Gold Hickory Smoked Salt (optional)
- 1 Tbsp of Fool's Gold Smoked ChikN Rub
- 1 Tbsp of Fool's Gold Demerara Sugar (optional)
- 1 cup of Fool's Gold Original sauce

PREP

- Place 1 bag of soy curls in a bowl and cover with water, soak for 10 minutes
- Drain excess water from soy curls using a colander
- Mix the dry ingredients together in a bowl to make a rub.

Toss the soy curls in the rub making sure all of the soy curls are covered thoroughly

Note: Smoking times and temperatures will vary based on your smoking method, equipment, etc. The great thing about smoking food is that it really can't be ruined (might not be amazing if overcooked) unless you just forget about it, which I do not recommend, unless you like your food cremated!

SMOKER COOKING

Temp: 225 | **Time:** 1 hour | **Woods:** Hickory, Alder, Cherry

OVEN SMOKER BAG COOKING (CAN ALSO BE USED ON ANY GRILL OR OVER A CAMPFIRE)

Temp: 475 for 10 minutes then 375 for 30-60 minutes | **Time:** 1 hour | **Woods:** Hickory, Alder, Cherry

RANGE TOP SMOKER COOKING

Temp: Medium heat | **Time:** 20-30 minutes | **Woods:** Hickory, Alder, cherry

REGULAR RANGE OR OVEN COOKING

It's also possible to use your regular oven or stove (times and temps vary). But, using a smoker or smoker bag will yield a more authentic "smoked bbq" flavor. Do NOT under any circumstances add Liquid smoke to any of these recipes or I will hunt you down!

FINISH

Finish on the stove in a hot skillet with Fool's Gold Sauce (as much as you like) . . . and leave some sauce for dipping, if that's your thang like it is mine! If you really want to experience something amazing, and don't mind a little scrubbing during clean up, cook the soy curls in a cast iron skillet to the point that the sauce is about to burn and caramelized all over the soy curls (and skillet) WOW!

SERVE

Serve with mashed sweet potatoes, pit beans and a piece of bread or bun for an authentic Kansas City Plate Lunch or Dinner. The leftover soy curls also make amazing fajitas, chili, panini, chikN salad sandwiches and tuna melts!

PRO TIPS

1. If you are cooking for a large group or meal prepping you do not need to do the last finishing step of the recipe. Just cool and wrap the soy curls and store in the refrigerator until you are ready to use and finish it off with some sauce at that time.
2. Just before finishing it on the stove, toss the soy curls in a little sauce and put in oven or air fryer to crisp them up a bit before proceeding to finish.