

Smoked Carrot Dawgz

Carrot... dawgz?? YES, carrot dawgz. This is always my sleeper go-to when I need to bring a dish to a cookout.

Carrots and other root vegetables are dense and hearty enough to work as meat substitutes. With just the right amount of smoked flavor, these root vegetables can be the best guilt-free stadium food you ever had. Pair these bad boys with some nice hearty potato salad.

- 1 Use a peeler to shape the carrots into hot dog shapes and cut to the length of the buns.
- 2 Bring a medium pot of salted water to a boil, add the carrots, and boil until fork tender, about 10 minutes. Drain the carrots and rinse with cold water until cooled. Place in a zippered bag.
- 3 Whisk together the soy sauce, cider vinegar, maple syrup, liquid smoke, mustard, garlic, granulated onion, and salt and pour into the bag with the carrots. Marinate for at least 4 hours; overnight is better. The longer they marinate, the more dawg flavor.
- 4 Remove the carrots from the bag and pat dry. Prepare the dawgz at 85°–120°F (30°–50°C) for 20 minutes.
- 5 To serve, heat the oil in a skillet over medium heat. Sear the dawgz until browned all over. Slip into buns and top your dawgz with all of your favorite toppings.

SERVES 6 TO 8

DAWGZ

6 to 8 carrots, peeled

¼ (60 ml) cup soy sauce

¼ cup (60 ml) apple cider vinegar

2 tablespoons (30 ml) pure maple syrup

1 tablespoon (15 ml) liquid smoke

1 teaspoon yellow mustard

1 teaspoon minced garlic

1 teaspoon granulated onion

1 teaspoon kosher salt

TO SERVE

1 tablespoon (15 ml) vegetable oil

6 to 8 hot dog buns

Toppings, such as slaw and vegan Cincinnati chili

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