

Carrot Dogs

Try these carrot dogs with your favorite hot dog toppings. They won't fool you into thinking they're hot dogs but they will give you the complete satisfaction of eating one.

Ingredients

- 8-9 carrots
- Carrot Dog Marinade
- 8 hot dog buns
- relish, ketchup, mustard, onions



Carrot Dog Marinade

- ½ cup reduced-sodium soy sauce
- ½ cup water
- 2 Tbsp ACV
- 2 Tbsp rice vinegar
- 1 Tbsp liquid smoke
- 2 Tbsp maple syrup
- 1 Tbsp molasses
- 1 tsp ginger puree
- 2-3 bay leaves
- 2-3" dashi kombu
- 2 Tbsp garlic powder
- 1 tsp onion powder
- 1 Tbsp smoked paprika
- 1 tsp juniper berries (10-12)
- ½ tsp fennel seeds
- ½ tsp mustard seed
- ½ tsp allspice
- ½ tsp poultry blend
- ½ tsp black peppercorns
- ¼ tsp red pepper flakes

Instructions

1. Cut the carrots to bun length.
2. Wash and peel the carrots, making them even all around, rounding the ends a little.
3. Mix all of the ingredients together and place them in the Instant Pot with the carrots.
4. Cook on high pressure for 2 minutes; naturally release (about 15-16 minutes).
5. Remove the lid and place the carrots in a covered dish. Pour the marinade on top and cover. Place in the refrigerator to marinate 24-48 hours.
6. When you're ready to indulge, preheat the grill to 350-400° F.
7. Place the carrots on the grill for about 20 minutes, turning once or twice.
8. Place on hot dog buns and enjoy with your favorite condiments or toppings!!

Notes

- You can reuse this marinade. Simply place the marinade in a freezer Ziploc bag and place it in the freezer. When you want to make carrot dogs again, thaw it out and follow the directions. You may want to add a few spices or more kombu.
- If you don't have an Instant Pot, cook them in the marinade in a large saucepan (large enough to accommodate the carrots) for about 10 minutes. Check them often though – the carrots should remain firm, not mushy. Then grill as directed above.