

Tempeh

1 Lb. Whole Dry Soybeans or Garbanzo beans

5 Tablespoons white or rice Vinegar

1 Teaspoon Tempeh Starter

Water

Zip Lock Bags or banana leaves

1 Metal Or Wooden Skewer

Dry beans method:

Step 1: Soak Beans Overnight.

Next day If You Use Whole Soybeans You Should Split Them By Squeezing Them With A Kneading Motion. Stir Gently Causing The Hulls To Rise To The Surface, Then Pour Off Water And Hulls Into A Strainer. Add Fresh Water And Repeat Until Most Hulls Are Removed. Don't Worry If A Few Hulls Remain Attached.

Precooked beans method:

Step 1: Use a 24 oz of beans in a can to skip overnight soaking, cooking. Open can, drain beans, (save brine to use as egg white replacement for future meals) rinse in cold water and hull the beans as instructed above. In a cooking pot, add the beans cover with just enough water and add the vinegar, bring to a low boil, cook for 10 minutes. Skip Step 2 and Go to Step 3 directly.

Step 2: Put The Beans In A Cooking Pot And Add Enough Water To Cover Them. Add The Vinegar And Cook For 30 Min.

Step 3: Drain Off The Water And Dry The Soybeans By Continuing Heating Them In The Pot On Medium Heat For A Few Minutes And Until The Beans Are Dry. Pat dry on cotton towel if needed. Allow The Soybeans To Cool Down To Below 95°Degrees F.

Step 4: In a clean bowl, Inoculating The Soybeans With Tempeh Starter

Sprinkle The Soybeans With 1 Teaspoon Of Tempeh Starter. Mix With A Clean Spoon For About 1 Minute To Distribute The Tempeh Starter Evenly. It's Very Important To Mix The Tempeh Starter Very Well: It Reduces The Risk For Spoilage And The Fermentation Will Be Faster.

Step 5: Incubating The Beans. Fill The Ziplock Bags or wrap in banana leaves With The Beans. Make Sure Total Thickness Of Bags Are No Thicker Than 1.5". Press Them Flat. And Perforate Them With Holes At A Distance Of About 1" Apart Using Your Skewer. This Will Allow The Mould To Breathe. Place The Packed Beans In A Warm Area Of About 86°Degrees F For About 36- 48 Hours During Which The Tempeh Fermentation Takes Place. Then The Container Should Be Filled Completely With White Mycelium And The Entire Contents Can Be Lifted Out As A Whole Piece.

Recommendation: Ferment your Tempeh in your oven with light on. Place right below the light for 48 hours, then turn light off for another 24+ hours. Your Tempeh should be ready.

Keep in refrigerator up to a week or store in freezer. Steam for a few minutes to remove any bitter taste then season your Tempeh or marinate it before grilling or frying or baking per taste.

Note:

The Most Popular Tempeh Is Soybean Tempeh. But It Can Also be Make Tempeh With Other Substrates: Garbanzo Tempeh, Mixed grains, Peanut, Black Bean, lentils, brown rice... pretty much anything that germinates.

Tempeh Can Be Cubed, Striped, Shredded, Marinated, Fried, Roasted, Tossed In Pasta Or Salad, Possibilities Are Endless.