

Making for a Future:
Tempeh (TEM-pay)

Written by Kit Jackson

In this little booklet, you'll learn how to make a traditional Indonesian ferment called Tempeh. It is typically made from soy beans and a dense mycelium of white *Phizopus* mold to create hardy cakes.

Tempeh

I. COLLECT TOOLS AND INGREDIENTS



Apple Cider Vinegar



Tempeh Starter
(*Rhizopus*)



Soy Beans
(or bean of choice)



Vessel for Cooking



Container for Fermentaion
(Glass, Banana Leaf, or Corn Husk)

Look, we know that eating meat isn't exactly the friendliest thing for the planet... or animals for that matter. If you are looking to reduce or cut out your meat consumption, tempeh is a nutrient dense item that makes for a delicious substitution for a fulfilling meal.

Since tempeh is a fermented item, it is much easier to digest than most beans. The fermentation process creates enzymes that pre-digest carbohydrates, protein and fat
Good for you, good for the planet. .

Eco Notes:

It is possible to do this without consuming any plastic believe it or not. Go to your local Co-Op and they'll likely have beans in bulk. You can bring in your own container and fill up. Just make sure you get the tare weight of the container!

2. PREPARE AND COOK

I. Soak two cups of dried beans over night or for at least eight hours.



II. Drain the soaked beans, rinse them off and put them in a pot. Put enough water so there is an inch of water above the beans.



III. Boil the beans and reduce to a simmer. Cook until they are eighty percent done, add 4 TBSP of apple cider vinegar, and cook until soft (not mushy). This process should take from 30-60 minutes.

3. COOL AND ADD MOLD

I. Now, drain the water and cook off any excess liquid.

II. Once the beans are cooled to room temperature, add either a packet of the starter mold or 1/4 tsp. Mix.



4. FERMENT

5. FINALY

- I. Form the beans into a patty and place into a container of choice:
- A. Banana Leaf
 - B. Corn Husk
 - C. Glass/Ceramic Container (this must be placed in a larger sealed container).

Notes: If you are using a husk or leaf, you can use a rubber band, toothpick, or twist tie to secure the package.



- II. Place the package(s) of beans into an unheated oven with the oven light turned ON. Leave in here for 12-16 hours. Now you can move the packages into a warm environment for another 36-48 hours to complete fermentation.



- I. Your tempeh is done.

NOTES:

I. There are plenty of ways to prepare your tempeh for consumption. Here are just a few ideas:

A. Fry or bake it in a dash of oil, salt and pepper for a simple taste.

B. Cut the block into cubes and add into a vegetable stew.

C. Crumble it up and sauté your tempeh with a mix of veggies and spices for a breakfast scramble.

II. You can keep the mold alive by fermenting the tempeh until it grows black spores and is dry. Blend it into a powder and voila-- a new starter.

Have fun exploring.

