

TEMPEH WORKSHOP

MAKING TEMPEH

Tempeh is a fermented soy bean product originating in Indonesia. To make tempeh, soak the soy beans in water for half a day. Then pressure cook the beans. Make sure the beans are not overcooked. They should be soft to squeeze, but not mushy. After that, clean the soy beans so most husks are removed. Then add the tempeh starter culture mixed with rice flour and some vinegar. The tempeh will be ready after two to three days of fermentation.

When fermenting the beans, a plastic bag is preferred. Punctuate the bag with a sharp knife or pin at 2cm intervals, so air can reach the tempeh. The preferred fermentation temperature is 38 °C, but a temperature above 25 °C will suffice.

INGREDIENT	AMOUNT	SCALING	PROCEDURE
soy beans	500 g	100 %	rinse the beans thoroughly with water, cover them with water and let them soak for 8 to 12 hours pressure cook the beans for 20-30 minutes till they're soft. the beans should be easy to squeeze but not mushy put the beans in a strainer and let them dry, possibly accelerating the process with a hair dryer
vinegar	5 ml	1 %	put the beans in a bowl and mix in the vinegar
tempeh starter	3 g	0.6 %	in a separate bowl mix tempeh starter with rice flour
rice flour	6 g	1.2 %	evenly distribute the mixture throughout the beans spread the beans into a 3cm thick layer. pack in a punctuated plastic bag. incubate for 24-48 hours at > 25 °C

After the fermentation is complete, white fungal mycelia will have grown around the beans. The formerly loose beans will now form a solid board.

Tempeh should be stored refrigerated. It will keep for up to a week, when refrigerated at 4 °C. The culture may begin to sporulate, which results in small black spots. These spots are fine to eat.

COOKING WITH TEMPEH

In most cases tempeh will be marinated like meat. You can choose your own marinade, but we provide a simple one below.

INGREDIENT	AMOUNT	SCALING	PROCEDURE
soy sauce	10 ml	18 %	mix all ingredients until the sugar is dissolved
light brown sugar	20 g	36 %	
ground ginger	20 g	36 %	
citrus juice	5 ml	10 %	
tempeh	??	??	add the marinade to the tempeh, submerging it let the tempeh marinate for a day transfer the tempeh and some of the marinade into a pan and fry for 10-15 minutes. serve warm, in a manner similar to meat or tofu

Contributed by Algoldor and the Dancing Drops associated group.