

Sautéed Tempeh

Tempeh is a fermented soy product that comes in patty form. And if you're going to eat soy, fermented is the way to go. Why? Because the fermentation actually helps you to digest it and makes the nutrients far more readily available for your body to use. Always use organic as soy foods tend to be made with GMO's

Also, unlike tofu which is very processed, tempeh is made with the whole soybean with very little processing. It's also very high in protein, which makes it an excellent vegetarian protein source.

2 servings

8 oz piece of tempeh

4 Tb wheat free tamari

2 cloves garlic, crushed or finely minced

1 tsp cumin

½ tsp thyme

Pinch of cayenne

1 Tb olive oil

Slice tempeh into 1/2" slices



Boil water in a medium size saucepan. Add tempeh. Boil for 10 minutes and drain.

In a flat bowl or plate combine the tamari, garlic, cumin, thyme and cayenne. Mix to combine.

Add tempeh to the marinade turn to coat each piece. Let sit for up to 1 hour but at least 5 minutes, turning occasionally. Most of the liquid will be absorbed.



Heat a cast iron pan on medium/high. Add olive oil. Immediately add tempeh so the oil doesn't burn.

Cook tempeh for 3 minutes per side so they brown nicely. Pour in any extra marinade.



Serve with vegetables.

The tempeh will keep in the refrigerator for a few days.

© 2011 Ingrid DeHart