

Seasoned Tempeh

This dish can be added to soups, stews, salads, or filled tortillas. Recipe is from *Moosewood Restaurant Cooks at Home* by The Moosewood Collective.

Prep. time: 15 minutes. Serves 4.

8 ounces	tempeh (fresh or defrosted)
2 tbsp.	white or cider vinegar
2 tbsp.	soy sauce
1 tbsp.	water
1/2 tsp.	ground fennel seeds
1 clove	garlic, minced or pressed (optional)
2 tbsp.	vegetable oil
	salt and ground black pepper to taste

1. Cut tempeh into small cubes or strips and set aside. In a nonreactive shallow bowl, stir together marinade ingredients (vinegar, soy sauce, water, fennel seeds, and garlic). Add tempeh pieces and toss until marinade is absorbed.

2. In heavy skillet, saute tempeh in oil on medium-high heat for 7 to 10 minutes, until golden and crisp. If necessary, add more oil to prevent sticking. Add salt and pepper to taste, and serve immediately.

Variations:

* For Mexican-style tempeh, add 1/2 tsp. ground cumin and 1/2 tsp. dried oregano to the marinade.

* For Italian-style tempeh, add 1/2 tsp. dried basil to the marinade.

* For Greek-style tempeh, add 1/2 tsp. dried oregano and 1/2 tsp. dried mint to the marinade.

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Shopping List

Seasoned Tempeh

<u>Ingredients</u>	<u>Wieght or Volume</u>	<u>PLU #</u>
tempeh	8 ounces	_____
white or cider vinegar	2 tbsp.	_____
soy sauce	2 tbsp.	_____
ground fennel seeds	1/2 tsp.	_____
garlic (optional)	1 clove	_____
vegetable oil	2 tbsp.	_____
salt		_____
ground black pepper		_____

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