

THE ULTIMATE TEMPEH HOME COOKBOOK



OVER 140 RECIPES
VOL. 2 – SUMMER 2026



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INTRODUCTION



We are happy to share 4 years' worth of #TempehTuesday recipes, a weekly recipe-sharing tradition we have here at Tootie's Tempeh, intending to help people to cook more with tempeh and be inspired by its versatility and deliciousness. Tempeh is a powerhouse of protein, fiber, vitamins, and fermented goodness. We think it deserves a place on everyone's plates - especially those wanting to support their health and a healthier planet, those steering away from factory-farmed animals, or those who rely on plants for protein.

Tempeh is a traditional fermented bean cake that originated hundreds of years ago in Java, Indonesia. It is bound together by mycelium, a mushroom culture, creating the perfect marriage of a bean and a mushroom. It has a nutty, umami flavor that will take on any marinade or seasoning and can even be used as a grain in desserts.

Originally, tempeh was fermented in banana leaves, but sadly this has evolved to using two single-use plastic bags: an inner bag with little holes that is used for the bean fermentation, and a second layer to cover the holes for packaging. But Tootie's Tempeh changed all that by developing a way to commercially ferment tempeh in metal pans. We use one layer of plastic after the tempeh has fermented, which means we use 50% less plastic and have already saved over 150K bags from going into landfills and oceans. This plastics-free innovation not only makes our tempeh the most sustainably made, but it also makes the tempeh taste better - fresher, cleaner, and without the bitter aftertaste that plagues the top brands. That's why we were honored to win two Good Food Awards this year for both our Traditional and Curry Seasoned tempeh products. As Seth Tibbott, founder of Tofurky and tempeh-maker for over 45 years, said, "Tootie's innovation to not ferment in plastic bags is a game-changer for the industry and for consumers as well!"

Tootie's was founded in 2019 and launched in late 2022. We are a worker-owned cooperative dedicated to supporting the wellbeing of people, animals, and the planet. We source our beans from Maine and regional organic farmers, support local businesses, and have a vision to expand to a national brand by licensing coop production facilities regionally across the US, each location sourcing its beans from local farmers, so that wherever Tootie's is purchased, the consumer is always supporting their local farmers, workers, and communities.



Tootie's was named in honor of co-founder Sarah Speare's mother, who was nicknamed "Tootie". She called everyone Toots and became known as Tootie. She was an early environmentalist and follower of Rachel Carson and ignited Sarah's reverence for nature and the planet.





TEMPEH BREAKFASTS



TEMPEH BANANA BREAD

Notes:

Have any overripe bananas? Try this delicious tempeh-banana bread! Amazing what you can do with tempeh!

Ingredients:

- 3/4 (6oz) Tootie's Tempeh
- 1 cup flour (we used gluten-free)
- 1/3 cup organic coconut sugar (or maple syrup)
- 1 tsp baking powder
- 1 tsp baking soda
- Pinch of salt
- 1/3 cup neutral flavored oil (or coconut oil in liquid state, vegan butter at room temp or applesauce)
- 1 tsp vanilla extract
- 4 small overripe bananas (mashed)
- 1/4 cup (56 ml) soy or other non-dairy milk, use only if needed
- optional
- 1/2 – 2/3 cup chopped walnuts (optional)
- 1/4 – 1/2 cup chocolate chips (mini or regular) (optional)
- 1 tsp cinnamon (optional)



Instructions:

1. Preheat oven to 350°F.
2. Combine all ingredients in a blender and blend until a smooth batter.
3. Then add any of the optional add-ins.
4. Pour into a pre-greased loaf pan and bake for 50 to 60 minutes until done.
5. Let cool for 10 min.

TEMPEH BREAKFAST SAUSAGE

Notes:

Want a nutritious and filling breakfast or brunch? These tempeh breakfast sausage patties are simple to make and so tasty! And as a bonus they are both oil and salt free!

Ingredients:

- 1 (8oz) Tootie's Tempeh (broken up)
- 2 TBSP maple syrup
- 2 TBSP flour (we used gluten-free)
- 2 TBSP vegetable broth
- 1 TBSP miso paste
- 1 tsp dried sage
- 1/2 tsp dried rosemary
- 1/4 tsp black pepper
- 1/8 tsp crushed red pepper



Instructions:

1. Preheat oven to 400°F.
2. Combine all ingredients into a food processor and pulse until everything is well combined.
3. With your hands, shape the mix into similar-sized balls and flatten them onto a silicone- or parchment-lined baking sheet, forming 6 to 8 patties.
4. Bake for 30 minutes, flipping halfway through.
5. They will keep well in the fridge for a few days or in the freezer for several months.

TEMPEH FRENCH TOAST

Notes:

Breakfast of champions - eating tempeh for breakfast is not only packed with protein and nutrient-dense, but it also sticks to your ribs and holds you for hours.

Ingredients:

Single Serving

- 1/2 (4oz) Tootie's Tempeh
- 1 cup Just Egg
- 1/2 cup soy milk
- 1/2 cup flour
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 1 TBSP flax meal
- Pinch of salt
- Avocado oil or plant butter
- Maple syrup, fruit, yogurt



Instructions:

1. Cut tempeh cake in half lengthwise.
2. Put the flour in a small bowl.
3. In a separate bowl, add the Just Egg, milk, cinnamon, nutmeg, flax meal, and salt. Mix well.
4. Heat the avocado oil in a skillet.
5. Drench the two halves of tempeh in the flour till covered, then dip in the wet ingredients, then place in the heated skillet.
6. Brown nicely on both sides.
7. Serve with fruit, maple syrup, and a dollop of vegan yogurt.

TEMPEH HASH WITH BRUSSEL SPROUTS

Notes:

Here's a versatile meal that can be made for breakfast, lunch, or dinner!

Ingredients:

- 1 (8oz) Tootie's Tempeh, crumbled
- 1 TBSP olive oil
- 2 TBSP tamari
- 1 TBSP dijon mustard
- 2 tsp maple syrup
- 1/2 tsp dried oregano
- 1/2 tsp garlic powder
- 1/2 tsp smoked paprika
- Pinch of cayenne or crushed red pepper, optional
- 3 cups 1-inch diced yukon potatoes
- 1 cup diced shallot, about 2 shallots (or white onion)
- 2 cups shredded brussel sprouts
- 1/2 cup sliced mushrooms



Instructions:

1. In a large skillet, warm the olive oil over medium heat. Add the tempeh and cook for 5-7 minutes, until golden brown.
2. Meanwhile, in a small bowl, whisk together the tamari, maple syrup, mustard, oregano, garlic powder, smoked paprika, and cayenne.
3. When the tempeh is done, add it to the bowl and stir until it's evenly coated. Set aside.
4. Add the diced potatoes to the skillet with a pinch of salt and pepper. (You might need more oil.)
5. Cook for 10-15 minutes, stirring occasionally, until the potatoes are golden brown and tender.
6. Covering with a lid for the last 5 minutes ensures the potatoes are done. Transfer to a plate and set aside.
7. In the same skillet, add the shallot with a pinch of salt and cook for 3 minutes, until translucent. Then add the Brussels sprouts and mushrooms and continue to cook for 5 more minutes.
8. Add the potatoes and the tempeh back to the skillet and stir everything together. Cook until heated through and serve.

TEMPEH PANCAKES

Notes:

These are delicious and chock full of protein and easy to make!

Ingredients:

- 1 (8oz) Tootie's Tempeh, crumbled
- 3/4 cup soy milk (or other plant-based milk)
- 1/4 cup flour (we used gluten free)
- 1 TBSP flax meal
- 1/2 tsp baking powder
- 1 tsp cinnamon
- 2 TBSP maple syrup
- 1 tsp vanilla extract
- 1 TBSP avocado oil
- Vegan yogurt and peanut butter and sliced fruit (optional)
- Extra maple syrup to go on top



Instructions:

1. Cut tempeh cake in half lengthwise.
2. Put the flour in a small bowl.
3. In a separate bowl, add the milk, cinnamon, nutmeg, flax meal, and salt. Mix well.
4. Heat the avocado oil in a skillet.
5. Drench the two halves of tempeh in the flour till covered, then dip in the wet ingredients, then place in the heated skillet.
6. Brown nicely on both sides.
7. Serve with fruit, maple syrup, and a dollop of vegan yogurt.

TEMPEH SCRAMBLE

Notes:

Enjoy this tempeh scramble recipe by Matt Kaplan packed with protein and veggies. Happy cooking!

Ingredients:

- 1 (8oz) Tootie's Tempeh
- 2 TBSP olive oil
- 1 tsp turmeric
- 1/2 tsp paprika
- 1/4 cup roughly chopped onion
- 4-6 oz frozen chopped spinach
- 6 cherry or grape tomatoes, halved
- 1 tsp soy sauce
- 1 tsp sriracha
- 1 TBSP lemon juice
- 1/2 tsp ground black pepper
- 1 tsp nutritional yeast
- 1 pinch of salt



Instructions:

1. Preheat the pan to medium-high heat. Add two TBSP of oil and then crumble the tempeh into the pan (small pieces are ok)
2. Brown the tempeh for 6 minutes, turning occasionally
3. Add the onions and sauté for 4 minutes, turning frequently
4. Add the turmeric and paprika - incorporate the spices with the tempeh and toast them for 1 minute
5. Add the spinach, tomatoes, soy sauce, sriracha, and lemon juice, and saute stirring occasionally, for 5 minutes
6. Turn the heat off and stir in the nutritional yeast, black pepper, and a pinch of salt

TEMPEH-TOPPED SAVORY OATMEAL BOWL

Notes:

A savory breakfast from our good friend Zoe Adamopoulos. It packs a punch with protein and flavor and is guaranteed to get your day going!

Ingredients:

- 1 (8oz) Tootie's Tempeh, crumbled
- 1 pack mixed mushrooms, chopped
- Olive oil
- 1-2 TBSP Sky Valley Sambal Oelek Chili Paste

For spinach

- 2-3 cloves garlic, minced
- Olive oil
- 1 container spinach

For oats base

- 1 tsp of paste/flavoring of choice (e.g., veggie stock, tom yum, or red curry)
- 1/2 cup oats
- 1 TBSP flaxseed meal
- 1 TBSP Just's unflavored mung bean protein powder (optional)

Your choice

- Garlic powder
- Onion powder
- Chilli powder
- Mushroom powder
- For the Tofu-Cashew Cream-
- 1/2 block firm tofu
- 1/3 cup cashews
- Splash lemon juice
- 4-6 TBSP nutritional yeast
- 1 TBSP white miso
- 2 tsp veggie stock paste (i.e., better than bouillon)
- Garlic powder
- Onion powder
- Black pepper
- (Optional) chili crisp to top



Instructions:

1. Chop mixed mushrooms into small pieces. Add olive oil to a pan on medium heat. Add chopped mushrooms. Saute for 3-4 mins.
2. Add tempeh crumbles to the pan and continue sautéing. When browned, add some sambal paste to the pan and ensure the mixture is evenly coated. Set crumble aside and divide into 3 servings, one for that morning, the others for the next couple of days.
3. Now, on to the spinach: Turn heat to medium-low. Add fresh olive oil to the pan and throw in minced garlic, let it crisp slightly. Add handfuls of spinach to the pan until fully cooked. Similar to the crumble mix, divvy this into 3-4 servings.
4. While the spinach is cooking down, blend all your tofu-cashew cream ingredients in a blender. (Use leftovers for other meals).
5. Next, the oatmeal: in a small pot, bring 1 cup of water to a boil. Add your flavoring/paste of choice once boiling. Add the oats, flaxseed meal, and optional unflavored protein powder and simmer. Stir oat mixture. As it begins to absorb the water, add your spices of choice.
6. Once ready, add and mix in a serving of sautéed spinach and one heaping spoon of the tofu-cashew cream. Finally, transfer your creamy oatmeal to a bowl, top with the tempeh mushroom & sprinkle chili crisp/oil to add heat!



TEMPEH LUNCHES



BAGEL WITH PICKLED RADISHES AND VEGAN CHARRED SCALLION-JALAPENO MAYO

Notes:

This Crispy, Smokey Tempeh on a Bagel with Pickled Radishes and Vegan Charred Scallion-Jalapeno Mayo

Ingredients:

For the pickled radishes

- 1/2 cup white sugar
- 1 cup White Vinegar
- 2 cups Water
- 1 tsp salt
- 1 quart thinly sliced Radishes of any type

For the smoky tempeh rub

- 1 (8oz) Tootie's Tempeh
- 1/2 Cup Brown Sugar
- 1/2 Cup Smoked Paprika
- 1 TBSP Garlic Powder
- 1 TBSP Curry Powder
- 1 TBSP Kosher Salt
- 2 tsp Black Pepper

For the vegan charred scallion-jalapeno mayo

- 2 Bunches Scallions, roots trimmed off, use the greens and white bulb
- 1-2 each Fresh Jalapenos
- 2 tsp sugar
- 1 TBSP Salt
- Juice of 2 lemons
- 1-14oz. pkg Silken tofu
- 1/2 cup Vegetable oil



Instructions:

1. To pickle the radishes, put the radishes in a tall container and place all other ingredients in a small sauce pot. Simmer the pickle ingredients until the sugar is just melted and starting to bubble. Pour the hot pickle liquid over the radishes and cover. Allow to cool, then place in the fridge. Save leftover liquid for future use.
2. For the rub, cut the tempeh in thirds, then slice into 2 to 3 thin sections. Rub each slice generously with the smoky rub and allow to sit at least an hour to overnight in the fridge. Save any leftover rub in a dry airtight container for next time.
3. To make the scallion sauce, rub your scallions with vegetable oil and salt and char on a grill or under the broiler until the greens turn brighter and have some black char.
4. Rough chop the scallions and place in the blender with the drained tofu, sugar, salt, lemon juice, and rough-chopped jalapeños (for less spicy, remove the seeds). Blend until smooth, then, with the blender on, drizzle the vegetable oil in to emulsify.
5. For the sandwich, sauté the tempeh in oil in a pan until browned on both sides, then set onto paper towel.
6. Toast a bagel or toast and spread scallion mayo on each side, add cucumbers and tomato, then 2 to 3 tempeh slices, then pickled radishes, and top with lettuce. Cut in half and enjoy!!

BALSAMIC TEMPEH, TOMATO & BASIL SALAD

Notes:

A sumptuous salad from our favorite
“food as medicine” chef, Karina Hines

Ingredients:

- 1/2 (4oz) Tootie’s Tempeh
- 1 tsp olive oil (or water)
- 2 garlic cloves, finely diced
- 2 TBSP balsamic vinegar
- 2 cups arugula
- 1 tomato
- 1/2 cup fresh basil leaves,
torn
- 1/2 tsp salt/dulce



Instructions:

1. Dice tempeh into small pieces or crumble with your fingers or a fork.
2. Heat a frying pan over medium heat, add olive oil + tempeh, and sauté for 3 mins until toasted and golden, turning often.
3. Add finely diced garlic and pan-sear until fragrant and toasted golden – about 1 min.
4. Turn off the heat and add balsamic vinegar + 1 TBSP water to deglaze the pan. Shake the pan or stir to ensure the tempeh is completely coated. Set aside.
5. Cut the tomato in half and slice
6. Plate arugula greens and lay over tomato slices.
7. Scatter over balsamic tempeh and top with torn basil leaves.
8. Serve sprinkled with salt, dulce, and a drizzle of balsamic glaze if you like.

BESTY'S TEMPEH PANINI

Notes:

This recipe is from a mentor of Tootie's, Betsy Shipley. She and her husband, Gunter, operated Betsy's Tempeh in Michigan in the 80s and pioneered plastics-free tempeh-fermenting, and she was the first person we connected with to learn more about their technique, and we have remained friends since. This is one of her favorite sandwich recipes, using a panini grill. Thank you, Betsy!

Ingredients:

- 1 (8oz) Tootie's Tempeh (cut in half, then sliced thin in half again so you have 4 cakes)
- Favorite bread
- Sliced tomato
- 1 avocado, mashed
- 4 black olives, finely chopped
- 1/2 tsp lemon juice
- 1 green onion, chopped
- 1 1/2 tsp dijon mustard
- 1 basil leaf finely chopped



Instructions:

1. Brush a little olive or avocado oil on the panini grill and pull the top down.
2. Grill the tempeh for about 5 min or until you see grill marks. You will have to check it by lifting the top. If you do not have a panini grill, you can sauté the tempeh in a frying pan.
3. Mash the avocado and olives together. Add the green onion, mustard, lemon juice, and basil leaves.
4. Mix, taste, and adjust for seasonings.
5. Assemble the sandwich as you like and toast or grill the bread if that is your preference.

CRISPY TEMPEH CABBAGE ROLLS

Notes:

A healthy vegan, gluten free, high protein and fiber dish developed by one of our previous interns Katrina that's only 30 minutes to make!

Ingredients:

- 12 Cabbage leaves (Napa cabbage)
- Sesame seeds for garnish (optional)
- Your choice of cooking oil, for pan frying

For the filling

- 1 (8oz) Tootie's Tempeh, crumbled
- 2 carrots, shredded
- 3 scallions, chopped
- 1/2 cup mushrooms, finely diced
- 1 tsp ginger paste
- 2 cloves garlic
- 1 tsp tamari sauce
- 1 tsp sesame oil
- Pinch of salt
- 1 tsp chili oil
- 1/2 package (4.4 oz) Glass noodles

Ingredients for sauce

- 1 TBSP rice vinegar
- 1/4 cup tamari sauce
- 1 tsp chili sauce
- 1 tsp sesame oil



Instructions:

1. Soak cabbage leaves in a large pot of boiling water until they are blanched and soft (so that it's easier to roll later). Pat dry and set off to the side. (You can drape the leaves over the rim of a large bowl).
2. Prepare glass noodles according to the instructions on the package.
3. Crumble tempeh into small pieces, and add them into a food processor along with the tamari sauce, sesame oil, ginger paste, 2 cloves of garlic, and a pinch of salt. Pulse tempeh until it looks like mince (ground meat).
4. In a pan over medium-high heat with olive oil, add the tempeh mixture to the pan and sauté for 2 minutes. Then add in carrots, scallions, mushrooms, and glass noodles. Gently stir. Set to the side.
5. Place a cabbage leaf on a flat surface and add a spoonful of filling to the end of the leaf (white stem area). Begin rolling cabbage by folding in the edges and roll until the filling is tightly tucked in. Repeat for the remaining rolls.
6. Heat a pan over medium heat with olive oil. Begin adding cabbage rolls and cook until golden brown on both sides.
7. While waiting for the rolls to cook, create the dipping sauce by whisking together ingredients in a bowl.
8. Enjoy!

CURRY TEMPEH CREAMY COCONUT CHICKPEA BOWL

Notes:

Try this delicious Creamy Coconut Chickpea Bowl topped with Curry Tempeh Crumble and Sumac Shallots! This protein-packed dish works great for family dinner or for meal prep.

Ingredients:

- 1 (8oz) Tootie's Curry Seasoned Tempeh
- 1 TBSP maple syrup
- 3 TBSP neutral oil (for tempeh)
- 1 TBSP neutral oil or vegan butter (for chickpeas)
- Salt and pepper to taste
- 3 large shallots
- 1 large lemon (zest and juice)
- 1 tsp sumac
- 1 tsp cane sugar
- 2 (15 oz) cans of chickpeas
- 3 cloves of garlic, minced
- 1 (13.5 oz) can of coconut cream
- 1/3 cup veggie stock
- 3 TBSP tahini
- 1 1/2 tsp turmeric
- 1/2 tsp crushed red pepper flakes
- 2 cups of roughly chopped spinach
- 3 cups of cooked basmati rice
- Fresh cilantro



Instructions:

For the tempeh

1. Crumble your package of Tootie's Curry Seasoned Tempeh into a medium bowl.
2. Stir in the maple syrup and 2 of the TBSP of neutral oil plus salt and pepper. Allow to sit for five minutes, then fry in a preheated cast-iron skillet for 10 minutes, stirring frequently to prevent burning. Add more neutral oil as needed. Cook until browned and crispy.

For the sumac shallots

1. Thinly slice 2 of the large shallots.
2. Place in a container or jar with the zest of one lemon and the juice of half.
3. Add 1/4 tsp of salt, sugar, and sumac. Mix well and let sit while you finish the rest of the steps.

For the coconut chickpeas

1. Heat 1 TBSP of neutral oil or vegan butter in a skillet
2. Dice the shallot and add it along with the minced garlic to the skillet and cook until softened and fragrant.
3. Reduce the heat, and add the turmeric and tahini and stir to combine.
4. Add in the two cans of chickpeas, veggie stock, and coconut cream.
5. Cover and simmer for 15 minutes until thickened.
6. Remove the lid and stir in the chopped spinach. Cover for an additional 2-3 minutes.
7. Add salt and pepper to taste along with crushed red pepper flakes.
8. Finish with a squeeze of lemon.

For the rice

1. Cook according to package instructions.

To serve

1. Plate the rice and coconut chickpeas. Sprinkle on the tempeh crumble along with the sumac onions and cilantro. Serve with more tahini, chutney, achar, etc. Enjoy!

CURRY TEMPEH PAKORA

Notes:

Great snack or feast to have with friends. This savory and sinfully delicious Curry Tempeh Pakora is by guest Chef Colin Cunningham.

Ingredients:

- 1 (8oz) Tootie's Tempeh, crumbled
- 1 small red onion, sliced
- 1 TBSP fresh ginger, grated
- 1 tsp fresh garlic, minced
- 3 tsp fresh cilantro
- 2 tsp fresh mint
- 3/4 cup chickpea flour
- 1 tsp salt
- 2 tsp garam masala
- 1 tsp curry powder
- 1 tsp turmeric
- Pinch cinnamon, nutmeg or mace
- 2 tsp water



Instructions:

1. Mix all the ingredients by hand. Let it sit in the refrigerator for one hour. The mix will become pasty. If it's too dry, add a splash more water.
2. Form small, misshaped balls with your hands, making sure not to pack or knead too much.
3. Deep fry at 350°F until golden brown.
4. Serve with a Raita or Tzatziki sauce

CURRY TEMPEH SALAD

Notes:

Here is an easy and tasty recipe for curry tempeh salad by Matt Kaplan. It's always a big hit at our samplings.

Ingredients:

- 2 (16oz) Tootie's Curry Seasoned Tempeh
- 1 tsp salt
- 1 tsp onion powder
- 2 TBSP lemon juice
- 1 TBSP apple cider vinegar
- 2 tsp dijon mustard
- 4 oz mayonnaise
- 2 TBSP minced pickled onions



Instructions:

1. Steam the tempeh - break the tempeh into smaller pieces into a steamer basket within a pot filled with a cup of water. Cover and steam for 15 minutes.
2. With tongs, take the tempeh out and reserve in a large mixing bowl - let cool
3. With your hands, crumble the tempeh
4. Add the other ingredients and incorporate thoroughly, mixing with your hands or a spoon
5. Serve in a sandwich or as an appetizer - grapes or mango chutney complement the flavors well

CURRIED TEMPEH SALAD

Notes:

People have been asking for more recipes with our curry seasoned tempeh, and here's a great one that works for lunch or dinner, packed with protein, fiber, and all you need in one delicious salad! (modified from a previous recipe by Chef Karina Hines)

Ingredients:

- 1/2 (4oz) Tootie's Tempeh
- 1 tsp olive oil (or water)
- 2 garlic cloves, finely diced
- 2 TBSP balsamic vinegar
- 2 cups arugula
- 1 tomato
- 1/2 cup fresh basil leaves, torn
- 1/2 tsp salt/dulce



Instructions:

1. Preheat the oven to 400°F.
2. Cube the tempeh and place in a bowl. Drizzle with avocado oil. Season with salt & pepper. Stir well until coated. Adjust seasoning to your taste.
3. Place on half a lined sheet pan and set aside. S
4. Slice delicata squash in rounds and remove seeds. Place in an even layer on the other half of the sheet pan. Drizzle with avocado oil and season with salt and pepper.
5. Place in the oven and roast until the tempeh is golden brown and the squash is tender.
6. Remove from the oven and let cool.
7. For the vinaigrette, combine all the ingredients in a blender or food processor and run on high until smooth and emulsified.
8. In a bowl, combine the spring mix and baby kale. Lightly dress with the vinaigrette and stir to combine.
9. Assemble the salad with the greens on the bottom, followed by the toppings. Add in the tempeh and squash.
10. Finish the salad with more of the vinaigrette.

HARISSA TEMPEH WITH SUMMER SQUASH SESAME SALAD

Notes:

This is a refreshing and tasty way to savor summer's garden delights!

Ingredients:

- 1 (8oz) Tootie's Tempeh
- 1 - 2 tsp harissa paste
- 3 tsp soy sauce or tamari
- 1 summer squash
- 1 TBSP rice vinegar
- Pinch sea salt or dulse
- 1 TBSP sesame seeds
- 1 - 2 tsp tahini
- 1 scallion - thinly sliced
- 2 cups arugula/salad greens



Instructions:

1. Brush tempeh with harissa paste and soy sauce.
2. Heat a non-stick pan over medium heat and pan-sear harissa-coated tempeh until golden and caramelized on each side.
3. Thinly slice summer squash into long, wide ribbons using a vegetable peeler, mandolin, or knife.
4. Plate summer squash ribbons overlapping and sprinkle over salt + vinegar.
5. Add pan-seared tempeh over summer squash; you can slice the tempeh first if you prefer.
6. Sprinkle platter with sesame seeds, drizzle over tahini, and scatter over thinly sliced scallions.

KOREAN TEMPEH BURRITO

Notes:

We visited the @portlandfoodcoop to taste one of their most popular burritos, created by prepared foods manager Mary Paine: the Korean Tempeh Burrito. If you can't stop by, it's easy to make at home!

Ingredients:

- 1 (8oz) Tootie's Tempeh, crumbled or cubed
- 1/4 cup Korean Sesame Tamari marinade (see recipe below)
- 4 flour tortillas
- 2 cups thin sliced red cabbage
- 1 1/3 cups short grain brown rice (cooked)
- 1/4 cup pickled red onion

For the sesame tamari marinade

- 1/2 cup GF Tamari
- 1 tsp grated fresh ginger
- 1 clove minced garlic
- 1/4 cup chopped scallion
- 1 TBSP maple syrup
- 1 TBSP Rice wine vinegar
- 2 TBSP sesame oil
- 1 TBSP minced jalapeno
- 1 TBSP chopped cilantro



Instructions:

1. In a small bowl, mix the tempeh into the Sesame Tamari marinade.
2. Marinate for 30 min or longer and bake at 350F for 15 - 20 min. Save the remains of the marinade for the slaw.
3. 12-inch Flour Tortillas (they use spinach)
4. 1/3 cup Marinated Baked Tootie's Tempeh
5. 1/2 cup thin-sliced red cabbage, dressed with leftover 1 TB Sesame Tamari marinade
6. 1/3 cup Short Grain Brown Rice
7. 2 TB Pickled Red Onion
8. Layer all ingredients in your favorite 12-inch flour tortilla.
9. Roll up like you would a burrito
10. Bake on a lined sheet pan at 350°F for 17 minutes - Yum!

MAINE POTATO SALAD WITH SMOKY TEMPEH

Notes:

This kid-friendly protein-packed potato salad from our friend Hanna (Instagram: [@saltyseavegan](https://www.instagram.com/saltyseavegan))

Ingredients:

For the marinade

- 1 (8oz) Tootie's Tempeh, cubed
- 1/3 cup EVOO
- 1 1/2 TBSP nutritional yeast
- 2 TBSP low-sodium tamari
- 2 tsp liquid smoke
- 1/4 tsp yellow mustard

For the salad

- 1 1/2 lbs Maine Yukon Gold fingerling potatoes
- 1/3 cup vegan mayo
- 2 dill pickle spears, chopped
- 1 green onion, diced
- 1 TBSP yellow mustard 2 tsp smoked paprika
- Salt & pepper, to taste



Instructions:

1. Whisk EVOO, nutritional yeast, tamari, liquid smoke, and mustard together in a shallow dish. Toss the cubed tempeh in the marinade. Cover and refrigerate for at least 1 hour.
2. Quarter potatoes and boil until tender. Drain and cool.
3. Remove tempeh from marinade with a slotted spoon and air fry at 400 degrees for 8-10 minutes until you reach the crispness you like, shaking them halfway for even baking. Let cool.
4. Finish the salad by mixing the cooled potato & tempeh, mayo, pickles, onion, mustard, smoked paprika, salt and pepper. Serve chilled and topped with green onions & paprika.

SALSA SHACK TACOS

Notes:

One of the best tempeh tacos we've had is by the award-winning Salsa Shack, formerly a food truck in Ellsworth, Maine and now a restaurant in Bucksport, Maine. They recently shared what makes it so good - their BBQ sauce! Use this marinade to transform your tempeh into savory tacos and beyond.

Ingredients:

- 1 (8oz) Tootie's Tempeh
- 2 cups olive oil/blend
- 1 cup white vinegar
- 1 cup lime juice
- 2 TBSP chili powder
- 2 TBSP granulated garlic
- 2 TBSP cumin
- 2 TBSP salt
- 2 TBSP cilantro (dried or fresh)



Instructions:

1. Use this ratio of marinade for 4 packets of tempeh, and slice each cake into 6 pieces. Recommended marinating the tempeh overnight.

SAVORY TEMPEH HAND PIES

Notes:

Hand pies are so fun to make and delish - especially with tempeh!

Ingredients:

Tempeh Sausage

- 1 1/2 (12oz) Tootie's Tempeh
- 1 tsp dried parsley
- 1 tsp Italian seasoning
- 3/4 tsp black pepper
- 1/2 tsp fennel seed
- 1/2 tsp paprika
- 1/2 tsp red pepper flakes
- Salt to taste

Filling

- 1/2 lb butternut squash peeled and diced
- 1/2 small onion diced
- 1 apple diced
- 2 garlic cloves, minced
- 1 cup fresh kale, chopped
- Salt to taste
- 1/2 tsp black pepper
- 1 TBSP thyme leaves, fresh
- 1 TBSP flour
- 1/2 cup vegetable stock
- 2 recipes for your favorite 9-inch pie dough
- Vegan parmesan cheese (optional)



Instructions:

1. Heat 1 TBSP of neutral oil in a skillet. Crumble the tempeh and add to the skillet.
2. Season with the "sausage" seasoning. Cook the tempeh until browned, 6-8 minutes. Remove from skillet and set it aside.
3. Add another TBSP of oil to the skillet and return to medium heat. Add the onion, squash, apple, and garlic. Sauté until the squash is softened and beginning to brown, 12-15 minutes.
4. Once the squash is cooked, add the kale and stir to combine. Add salt, black pepper, thyme leaves, and garlic. Stir and sprinkle with the flour. Cook the flour into the mixture for one minute and pour in the stock.
5. Stir everything together until the stock comes to a simmer. Cook until the stock has thickened, 4-6 minutes.
6. Remove the mixture from the heat and stir in the tempeh. Allow the filling to come to room temperature.
7. While the filling is cooling, roll the pie dough out to a 1/4 inch thickness. Cut 5-inch circles.
8. Preheat oven to 375°F.
9. Add roughly 2 TBSP filling to each dough circle and brush the edges with water. Fold one side of the dough onto the other, pressing firmly to seal. Fork around the now half circle to fully seal.
10. Place hand pies on parchment-lined baking sheets. Sprinkle with parmesan, if desired, and cut a 1-inch vent into the hand pies.
11. Bake until golden on the bottom and top, 20-24 minutes. Once baked, remove the hand pies and cool before serving.

SMOKED TEMPEH SANDWICH

Notes:

This recipe was made by Melissa the chef and owner of Verbena

Ingredients:

- 1 (8oz) Tootie's Tempeh
- 1 TBSP Smoked Paprika
- 2 tsp ground cumin
- 1 tsp curry powder
- 1 1/2 tsp salt
- 1 tsp brown sugar
- 3 TBSP oil of choice

Scallion Sauce

- 1 cup Scallion greens and whites, chopped
- 1 cup Cilantro, some small stems are okay
- 1/4 Fresh ginger, grated
- 2 limes, juiced
- 1 tsp sugar
- 2 tsp salt
- 1 package silken tofu
- 1/2 cup oil of choice



Instructions:

1. Mix the marinade in a shallow container.
2. Cut tempeh into 2-inch-wide strips and cut widthwise once to make them thinner.
3. If you don't have time to marinate, you can steam the tempeh quickly and rub the marinade on both sides of the still warm strips.
4. In a shallow sauté pan, add oil to coat the bottom and warm over medium heat. Brown tempeh on both sides until golden and crispy, about 5 minutes per side.
5. Serve it on a bagel (or choice of bread) with tomato, pickled red onions, greens, and a vegan scallion-cilantro sauce.
6. Scallion Sauce
7. In a blender, combine: scallions, cilantro, ginger, the juice of 2 limes, sugar, salt, silken tofu.
8. Puree on high until smooth. With the blender on, drizzle in oil of choice until emulsified.

STICKY GOCHUJANG GLAZED TEMPEH

Notes:

This recipe makes for an incredible weeknight dinner. It's packed with flavor and can be customized with your favorite toppings!

Ingredients:

- 1 (8oz) Tootie's Tempeh
- 1 tsp sesame oil
- 2 TBSP rice vinegar
- 3 TBSP tamari or soy sauce
- 2 TBSP maple syrup
- 1/2 cup cornstarch
- 1/2 tsp ground ginger
- 1/2 tsp garlic powder
- 1/2 tsp black pepper
- 6 TBSP neutral oil
- 3 TBSP gochujang
- 1 TBSP water
- 1 grated garlic clove
- 1/3 cup sliced green onions
- Toasted sesame seeds
- 1 cup short grain white rice



Instructions:

1. Cook the rice according to package instructions. Cut the tempeh in half lengthwise, and then into small triangles. In a medium bowl, mix the sesame oil, tamari/soy sauce, rice vinegar, and 1 TBSP of the maple syrup together. Add the triangles of tempeh and let marinate for 5-10 minutes.
2. In another bowl, mix the cornstarch, ground ginger, garlic powder, and black pepper.
3. Preheat a pan on medium heat and add neutral oil.
4. One by one, dredge the marinated tempeh triangles in the cornstarch mixture. Leave the remaining marinade mixture in the bowl. This will be used for the glaze.
5. Add the gochujang, grated garlic, water, and other TBSP of maple syrup to the remaining marinade. Mix well and set to the side.
6. Pan-fry the coated tempeh triangles. Keep an eye on them! They brown quickly. Use tongs or chopsticks to turn so each side becomes golden and crisp but not burnt.
7. Turn the heat off, and add the gochujang glaze. Stir until the tempeh is fully and evenly coated.
8. Serve with your white rice, sliced green onions, and top with toasted sesame seeds. Thinly sliced cucumbers or pickled carrots pair well with this!

SPICY CUCUMBER EDAMAME AND TEMPEH SALAD

Notes:

This simple and quick recipe is jam packed with fiber and protein and is the perfect cold salad for a summer meal!

Ingredients:

- 1 (8oz) Tootie's Tempeh
- 1 cup of edamame
- 1 cucumber
- 1 TBSP chili oil
- 1 TBSP tamari
- 1 clove of garlic (minced)
- 1 tsp ginger paste
- pinch of salt
- 1 TBSP olive oil
- Sesame seeds (optional for garnishment)

For tempeh saute glaze

- 1 TBSP tamari
- 1 TBSP maple syrup
- 1 tsp of garlic powder



Instructions:

1. Whisk olive oil, nutritional yeast, tamari, liquid smoke, and mustard together in a shallow dish.
2. Toss the cubed tempeh in the marinade.
3. Cover and refrigerate for at least 1 hour.
4. Quarter potatoes and boil until tender. Drain and cool.
5. Remove tempeh from marinade with a slotted spoon and air fry at 400 degrees for 8-10 minutes until you reach the crispness you like, shaking them halfway for even baking.
6. Let cool.
7. Finish the salad by mixing the cooled potato & tempeh, mayo, pickles, onion, mustard, smoked paprika, salt, and pepper. Serve chilled and topped with green onions & paprika.

SPICY SESAME TEMPEH

Notes:

Sticky, sweet, spicy, salty and a bit of crunch from some celery. You can eat this tempeh on its own or on top of an asian inspired entree.

Ingredients:

- 2 (16oz) Tootie's Tempeh, cut into rectangles or strips
- 4 TBSP sesame oil (2 for the marinade and 2 to saute)
- 1/4 cup soy sauce
- 2 TBSP sriracha
- 2 TBSP sweet chili sauce
- 2 TBSP chopped celery
- Pinch of sesame seeds



Instructions:

1. Coat the tempeh with the sauce and marinate it for at least 2 hours, overnight is best.
2. Saute the tempeh pieces in 2-3 batches depending on the size of your saute pan. Let any excess marinade drip off of the tempeh pieces before placing it in the hot pan. They only need 3-4 minutes on each side, and you can turn the heat down on the second side.
3. Once you turn the tempeh pieces onto the second side, add the celery.
4. Add 2 TBSP of the leftover marinade liquid, saute for 1 minute
5. Garnish with sesame seeds. Enjoy!
6. Alternatively, you can bake the tempeh: Place the tempeh pieces on a baking sheet lined with parchment paper.
7. Roast in a 350°F oven for 12 minutes.

SPICY TEMPEH WRAP

Notes:

Here is a great picnic, lunch or dinner wrap dripping with taste and loaded with tempeh's superfood protein and nutrients!

Ingredients:

- 1 (8oz) Tootie's Tempeh
- 1/3 cup shelled edamame
- 1 cup guacamole
- 1/2 cup halved cherry tomatoes
- 1 cup shredded Napa cabbage
- 1 cup spring greens/lettuces
- Pickled red onions
- 1/2 cup your favorite hot sauce (Franks was used here)
- 2 extra large wraps

For the chipotle aioli

- 1 large chipotle pepper in adobo sauce, minced
- 1/2 cup vegan mayonnaise
- 1 clove roasted garlic
- 1 tsp lime juice
- Salt and pepper to taste



Instructions:

1. In a small bowl, mix all the aioli ingredients. Stir to combine. Set aside.
2. In a medium skillet, heat 1-2 TBSP avocado oil. Place tempeh in pan, season with salt to taste. Sear on both sides until deep golden brown. Remove from heat and pour hot sauce over tempeh. Stir to coat evenly. Set aside to cool slightly.
3. Spread about 2-3 TBSP of the aioli in the center of the wrap. Spoon 2 large spoonfuls of guacamole on top of the aioli. Arrange the cherry tomatoes, Napa cabbage, spring greens, and pickled onions on top of the aioli and guacamole. Top with the spicy tempeh and wrap up tightly.
4. Cut in half and enjoy with a fresh glass of lemonade!

TEMPEH BACON FOR BLT

Notes:

This recipe is from a restaurant that made our tempeh into bacon and put it in a vegan BLT with avocado and chipotle mayo, and it was their #1 sandwich! Credit: Vickie Charity

Ingredients:

- 1 (8oz) Tootie's Tempeh
- 1/2 cup tamari
- 1/2 cup maple syrup
- 1/4 cup nutritional yeast
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp hickory liquid smoke (or smoked paprika)



Instructions:

1. Preheat oven to 425°F
2. Cut tempeh into thin strips and marinate in marinade ingredients for 30 minutes or longer.
3. Place on a baking sheet with parchment paper.
4. Brush tempeh with marinade.
5. Bake at 425°F for 10 min.
6. Take out and brush the tempeh with more marinade, then flip and brush again with marinade.
7. Bake for 5 more minutes.
8. Remove and brush with marinade one more time and bake for the final 5 minutes.
9. You can pan-fry if you prefer.
10. Assemble into a BLT!

TEMPEH BÁNH MÌ

Notes:

Here is a great picnic, lunch or dinner wrap dripping with taste and loaded with tempeh's superfood protein and nutrients!

Ingredients:

For the quick pickled vegetables

- 1/3 cup seasoned rice vinegar
- 1/4 cup water
- 1/2 large carrot, cut into matchsticks
- 1/2 small red onion, sliced thin
- 4 oz. daikon radish, cut into matchsticks

For the tempeh

- 3/4 (6oz) Tootie's Tempeh, sliced 1/4' thick
- 2 TBSP soy sauce
- 2 TBSP maple syrup
- 1 TBSP seasoned rice vinegar
- 1 TBSP toasted sesame oil
- 1 tsp garlic powder
- 2 TBSP water
- 1 tsp cornstarch in marinade after tempeh is removed
- 2 baguettes, 8" long, sliced in half lengthwise
- 2 TBSP vegan mayo
- 1 Persian cucumber, sliced thinly
- 1/2 jalapeño, sliced thinly
- 1 small handful of cilantro leaves



Instructions:

1. For the quick pickled vegetables: Combine all ingredients together and stir. Let sit for 30-60 minutes.
2. For the tempeh, combine all ingredients except cornstarch. Marinate tempeh in a shallow plate at room temp, flipping occasionally to coat, for 15-30 minutes.
3. Fry tempeh in a little avocado oil until golden, flip and cook until golden.
4. Meanwhile, stir cornstarch into leftover marinade. Once the tempeh is finished cooking, add marinade to the pan and cook briefly until bubbling.
5. Remove from heat.
6. To assemble, broil the top side of the baguettes until toasted. Mix tofu cubes (optional) with mayo. Spread mayo evenly on baguettes. Divide and top baguettes with tempeh and sauce. Layer on cucumber, carrot, daikon, red onion, jalapeño, and cilantro.
7. Top with the other half of the baguette.

TEMPEH BLACK BEAN BURGER

Notes:

Tempeh Black Bean Burger from Production Manager and chef extraordinaire Kate Musser. I made it and we give it 5 stars!

Ingredients:

- 1 (8 oz) Tootie's Tempeh, slightly crumbled
- 15 oz (one can) black beans, rinsed and drained
- 1 TBSP olive oil
- 3/4 cup finely chopped bell pepper, about 1/2 a pepper
- 1 cup finely chopped yellow onion
- 3 garlic cloves, minced
- 1 1/2 tsp ground cumin
- 1 tsp chili powder
- 1/2 tsp garlic powder
- 1/4 tsp smoked paprika
- 1/2 cup bread crumbs
- 1/3 cup mashed sweet potato
- 1 TBSP vegan Worcestershire sauce
- 2 TBSP ketchup
- 1/2 tsp dijon mustard
- Salt and pepper to taste



Instructions:

1. Preheat the oven to 325°F. Spread beans and tempeh evenly onto a lined baking sheet and bake for 15 minutes until slightly dried out.
2. Meanwhile, heat olive oil and sauté chopped pepper, onion, and garlic over medium heat until aromatic and sweet-smelling, about 5-6 minutes.
3. Place in a large bowl with the remaining ingredients. In the food processor, pulse beans and tempeh, leaving some chunks of beans.
4. Form into patties— about 1/3 cup of mixture in each.
5. If you don't need all 8 patties, they freeze very well. Just wrap them up for a quick meal later.

TEMPEH BLT PASTA SALAD

Notes:

This mouthwatering salad is made with crispy tempeh bacon and fresh ingredients. It is surely a recipe to be played on repeat!

Ingredients:

For the Tempeh Bacon

- 1 (8 oz) Tootie's Tempeh
- 2 TBSP soy sauce or tamari
- 1 TBSP maple syrup
- 1 TBSP avocado oil
- 1 TBSP nutritional yeast
- 1 tsp smoked paprika
- 2 tsp liquid smoke
- Fresh cracked pepper

For the Salad

- 1/2 lb fusilli corti, cooked in salted water till al dente, then drained and rinsed with cold water
- 3/4 cup vegan Greek yogurt (we like Cocoluna)
- 1/2 cup vegan mayonnaise
- 1 tsp white vinegar
- 1 tsp lemon juice
- 2 cups finely shredded romaine
- 2 cups watercress
- 1 cup halved cherry tomatoes
- 1/4 cup fresh chives, chopped
- 1/4 cup fresh dill, chopped
- Salt and fresh cracked pepper to taste



Instructions:

1. In a medium bowl, add all the tempeh bacon ingredients, minus the tempeh. Whisk to combine and set aside. Thinly slice the tempeh and place in the sauce to marinate while you make the pasta sauce.
2. In a large bowl, combine the yogurt, mayonnaise, vinegar, and lemon juice. Stir to combine. Season with salt and pepper to taste and half of the fresh herbs.
3. Prepare romaine and tomatoes as directed.
4. Next, cook the bacon. In a nonstick skillet, add a drizzle of oil and set on medium-high heat. Lay out the marinated tempeh on the pan, being careful not to stack or overcrowd the pan.
5. Cook the tempeh on one side until golden brown, then flip to the other side and do the same. Pour the excess sauce over the tempeh while it is cooking. (Note: you can also bake instead or pan fry).
6. With a spatula, break up the tempeh into slightly smaller rough pieces (you want some bigger pieces). Let the tempeh continue to cook until crisped. Remove from heat and set aside to cool.
7. To the large bowl with the dressing/sauce, add cooked, drained, and cooled pasta. Add in the tempeh, romaine, tomatoes, watercress, chives, and dill. Mix well. Garnish with more sliced cherry tomatoes, fresh herbs, and salt and pepper.

TEMPEH BOMBAY BURRITOS

Notes:

A meal with massive flavor and a perfect meld of comfort and freshness.

Ingredients:

For the curry raita

- 2/3 cup vegan yogurt (we love Cocomono)
- 1/2 garlic clove, minced
- 1/4 inch piece of ginger, finely grated
- 1/4 tsp coriander
- 1/4 tsp garam masala
- 1 tsp curry powder
- 1/4 english cucumber, finely diced
- Juice & zest of 1/2 a lime
- S&P

For the roasted filling

- 1 (8 oz) Tootie's Tempeh, cubed
- 1/2 head cauliflower- cut into small florets
- 1 can chickpeas, rinsed and drained
- 1-2 TBSP olive oil
- 2 tsp kosher salt
- 1 TBSP coriander
- 1 TBSP cumin
- 1 tsp whole fennel seed
- Generous pinch of chili flakes

For the burrito fixin's

- 4 extra large whole grain tortillas or Pita
- 4 handfuls baby spinach

For the quick pickled onions

- 1 cup red onion, very thinly sliced
- 1/2 cup white vinegar
- 1/2 cup water
- 3/4 tsp salt
- 2 TBSP sugar
- 1 tsp pickling spice
- 2 bay leaves

For the cilantro mint chutney

- 3 TBSP fresh lemon juice
- 1 TBSP red wine vinegar
- 1 bunch cilantro, tender stems ok
- 1 cup fresh mint leaves
- 1 medium jalapeno, chopped
- 1 tsp fresh ginger, minced
- 1 garlic clove
- 1/4-1/2 tsp kosher salt,
- 1/2 tsp sugar
- Blend all ingredients in a blender or food processor until relatively smooth.
- Taste and adjust salt and lemon to your liking.



Instructions:

To prepare the Raita:

1. In a small bowl, prepare Curry Raita ingredients as directed and mix to combine. Set aside.

For the Roasted filling:

1. Prepare the tempeh and cauliflower as directed and place them in separate sections on a parchment-lined sheet pan. Add the drained chickpeas. Drizzle with olive oil. Sprinkle with the spices and salt, tossing to coat well. Place in the oven and roast for 20-25 minutes (tossing halfway through) or until the cauliflower is tender.

For the Chutney and Pickled Onions:

1. Make the flavorful Cilantro Mint Chutney and quick pickled red onions and place both in jars. They take about 5-10 minutes each. Don't leave out the mint chutney- it's imperative!!!

Assembly

1. Warm the tortillas in the oven until soft and pliable.
2. Spread generously with raita, then top with the roasted filling, making sure to get some of the whole spices that will have dropped to the bottom of the pan.
3. Add a handful of spinach leaves, a few tsp of cilantro mint chutney, and some pickled onions and roll up like a burrito.

TEMPEH GRILLED CHEESE

Notes:

We often get asked for simple ways to add tempeh to your diet, and here's a no-brainer. Tempeh grilled cheese and tomato.

Ingredients:

- 1 (8oz) Tootie's Tempeh, sliced lengthwise into thin strips
- 1-2 TBSP avocado oil
- Garlic powder, to taste
- Onion powder, to taste
- 2 slices bread
- Vegan cheese slices
- 1 fresh tomato, sliced
- Olive oil (for grilling)



Instructions:

1. Simply slice the tempeh lengthwise so it's thinner, saute the slices in avocado oil with a bit of garlic and onion powder till both sides are golden brown.
2. Then assemble the sandwich for grilling (we used vegan cheese, fresh sliced tomato, and olive oil in the pan).
3. Grill as you would normally cook any grilled cheese. Super delicious and full of tons of extra protein, fiber, nutrients, plus the bonus of prebiotics!

TEMPEH LETTUCE WRAPS

Notes:

This delicious lettuce wrap recipe comes from Maddie Lee [@foodsontherhode](#) from Portland, ME. She says it is the perfect tempeh dish that will wow guests. Served family style, the zesty tempeh pairs perfectly with fresh mango and cucumber, drizzled with a garlicky ginger sauce.

Ingredients:

- For the tempeh:
- 2 (16 oz) Tootie's Tempeh, crumbled
- 1/2 cup freshly squeezed lime juice
- 1/4 cup olive oil
- 1 tsp salt
- 1 TBSP maple syrup
- 1/2 tsp crushed red pepper flakes
- 2 tsp neutral oil (for cooking)

For the sauce

- 6 TBSP vegan mayonnaise
- 1/3 cup of neutral oil
- 1/4 cup of chopped fresh ginger
- 1/4 cup soy sauce
- 1/2 cup rice vinegar
- 2 garlic cloves
- 1/2 tsp sesame oil

To serve

- 2-3 cups of cooked jasmine rice (cook according to package instructions)
- 1 large mango, cut into small cubes
- 1 long cucumber, sliced and quartered
- Leaves from one bunch of cilantro
- One bunch of green onions, chopped
- One package of bibb lettuce



Instructions:

For the tempeh:

1. Whisk together the fresh lime juice, olive oil, salt, maple syrup, and crushed red pepper. Add the crumbled tempeh and allow it to marinate for 15 minutes.
2. Preheat a skillet on medium heat and add two tsp of neutral oil. Add in the marinated tempeh and cook on medium until browned, stirring frequently to avoid burning.

For the sauce:

1. Add all ingredients to a blender and blend on high until smooth with no clumps.

To serve:

1. Lay out all components of the meal in individual bowls.
2. To assemble the wrap, start with a large leaf of bibb lettuce and add your jasmine rice, tempeh, mango, cucumber, green onion, cilantro, and drizzle with sauce.
3. Enjoy! Leftovers are great as a rice bowl!

TEMPEH PITA POCKET

Notes:

What's for lunch?? Kate Musser created this Waldorf-style tempeh salad sandwich on pita that she said they couldn't get enough of!

Ingredients:

- 1 (8 oz) Tootie's Tempeh
- 1/4 cup vegetable stock
- 1 TBSP vegan worcestershire
- 2 stalk celery chopped
- 1 green onion, sliced
- 1/2 cup walnuts
- 1 cup red grapes, halved
- 1/2 cup cherry tomatoes, halved
- 4-6 pita pockets

For the sauce

- 1/2 cup vegan mayonnaise
- 1 tsp dijon mustard
- 1/2 tsp curry powder
- Juice of half a lemon
- Salt & pepper
- Crushed red pepper flakes
- 1 tsp fresh parsley



Instructions:

1. Marinate tempeh in the vegetable stock and Worcestershire.
2. Prepare the celery, onion, grapes, and tomatoes as instructed. Place in a medium bowl. In a small mixing bowl, make the sauce. Season with salt, pepper, and red pepper flakes to taste.
3. Heat a skillet over medium heat. Remove the tempeh from the marinade and sauté for 5-6 minutes on each side or until nicely browned.
4. Remove the skillet from the heat. Dice the tempeh into 1 inch cubes (or crumble into chunks with your hands) and place in the bowl with the other ingredients. Toss to combine.
5. Add the mayonnaise sauce and stir until well combined. Taste and adjust seasoning to your liking.
6. Now it's time to eat! Cut the pita in half and place one half of the pita inside the other half. Spoon a generous helping of the salad into the pita. Garnish with parsley.

TEMPEH PROTIEN BOWL

Notes:

A great way to boost your protein and nutrition on a salad or bowl is this tempeh protein bowl!

Ingredients:

- 1 (8 oz) Tootie's Tempeh
- 1 1/2 TBSP sesame oil
- 2 TBSP peanut butter
- 2 TBSP tamari or soy sauce
- 2 TBSP lime juice
- 3 TBSP maple syrup

For the bowl ingredients

- 2 cups cooked quinoa (~2/3 cup dry)
- 1-2 cups cooked edamame
- 1 cup cooked green beans (or any veggie such as kale, asparagus, brussel sprouts, beets, etc)
- 1 cup finely shredded red cabbage
- 4 medium carrots, grated or julienned
- 1-2 cups broccoli florets
- 1/2 cup tahini (quick version: mix tahini with lemon, garlic powder, tamari and water)



Instructions:

1. Marinate the Tempeh
2. Mix the marinade by whisking together sesame oil, peanut butter, soy sauce, lime juice, and maple syrup.
3. Add the tempeh pieces to the marinade and toss to coat. Then cover and refrigerate for at least 2 hours, or overnight if possible.
4. Once marinated, preheat the oven to 375°F and line a baking sheet with parchment paper. Add the tempeh pieces and reserve any leftover marinade to brush/coat the tempeh once baked. You can also air fry or pan fry - whichever you prefer. Cook until caramelized and deep golden brown. Remove and brush/coat with any remaining marinade.
5. Assemble the Bowls
6. Cook the quinoa and steam the edamame, broccoli, and green beans.
7. Assemble the bowls. Start with quinoa, then layer on the vegetables and tempeh, and finally drizzle with the tahini sauce. Enjoy!!

TEMPEH REUBENS

Notes:

Who doesn't love a classic Tempeh Reuben! This one is made with marinated and grilled tempeh, homemade Russian dressing, and seeded rye bread.

Credit: Kate Musser

Ingredients:

Sandwich Filling

- 2 (16oz) Tootie's Tempeh
- Smoked paprika
- 1 tsp miso paste
- 1 clove garlic, minced
- Salt & pepper
- Oil
- 4 slices rye bread
- 1 cup sauerkraut, divided
- 4 slices vegan cheese
- Lettuce

Russian Dressing

- 1 cup vegan mayo
- 1/4 cup ketchup
- 2 TBSP white onion, minced
- 1 TBSP prepared horse radish
- 2 tsp sriracha sauce
- 1 tsp vegan worcestershire sauce
- 1 tsp apple cider vinegar
- Salt and pepper, to taste



Instructions:

1. Cut the tempeh in 1/4 inch strips, or in half lengthwise, or as a block the size of the bread, and sauté in a pan with avocado oil until golden brown (a little crispy in parts is fine).
2. Assemble onto rye bread with the Russian dressing, cheese, sauerkraut, avocado, and lettuce.
3. Tip: A quick and easy russian dressing is vegan mayo, ketchup, horseradish, and sweet & sour pickle juice.

TEMPEH SPRING ROLLS

Notes:

These are the heartiest and most delicious spring rolls ever! And so easy to make!

Ingredients:

- 1 (8 oz) Tootie's Tempeh
- 1/2 cup tamari
- 1 TBSP rice vinegar
- 1 TBSP maple syrup
- 1/2 tsp each of ginger, onion, and garlic powder

For the spring roll

- 1 package spring roll rice wraps (see photo)
- 1/2 cucumber, sliced into thin strips about 3 inches long
- 1 carrot, sliced into thin strips about 3 inches long
- 1 cup thinly sliced red cabbage
- 1 cup thinly sliced lettuce
- 3/4 cup cilantro leaves

For the peanut sauce for dipping

- 1 cup unsweetened smooth peanut butter
- 1/2 cup water - or to taste for desired consistency
- 1/4 cup rice vinegar
- 1/4 cup tamari
- 2 TBSP maple syrup
- 1 tsp fresh ginger - grated
- 1 large clove of garlic
- Sesame seeds (for topping)



Instructions:

1. Slice the tempeh into thin strips and place in a shallow pan. Whisk the marinade ingredients together and pour over the tempeh and marinate for 15 min or more. Prepare the peanut sauce by mixing all the ingredients in a blender or using an immersion blender.
2. Cook the tempeh in a pan in some avocado oil till golden brown on each side. Assemble the spring rolls by first softening the rice wraps one at a time in warm water for 20 to 30 seconds (don't let them get too soft) and then place on a flat surface.
3. Layer the tempeh, carrots, cucumber, cabbage, lettuce, and cilantro in the middle of the wrap. Fold in the sides first, then place the bottom of the wrap over the layered food and keep rolling to the top.
4. Serve with the peanut dipping sauce in a small dish, sprinkled with sesame seeds.

TEMPEH VEGETABLE TACOS

Notes:

Who doesn't love a classic Tempeh Reuben! This one is made with marinated and grilled tempeh, homemade Russian dressing, and seeded rye bread.

Credit: Kate Musser

Ingredients:

- 2 (16 oz) Tootie's Tempeh
- 1 TBSP olive oil
- 1 onion, diced
- 3 TBSP your favorite taco seasoning
- 1/2 cup Pico de Gallo
- 1/2 cup water
- Salt & pepper

Corn Avocado Salsa

- 1 ear of corn
- 1 half avocado, cubed
- 1 half red onion, thinly sliced
- 1/2 cup chopped cilantro
- Juice of one lime
- 1 TBSP olive oil
- Salt & pepper

Garnish

- Red cabbage, thinly sliced
- Fresh jalapeño slices
- Lime wedges



Instructions:

1. In a skillet, add 1 TBSP olive oil. Sauté onions till aromatic.
2. Crumble tempeh and add to onions and sauté for 5-8 minutes.
3. Add 1/2 cup water, seasonings, salt, and pico de gallo. Sauté for another 5-10 minutes. Set aside.
4. Shave 1 ear of corn and add avocado, cilantro, onion, lime juice, and oil to make the salsa.
5. Assemble the tacos into soft corn tortillas with tempeh sautéed on the bottom, corn salsa, then the garnish.

TEMPEH VEGETABLE GYOZA

Notes:

Enjoy Kate's tempting & tasty dumplings as an app or meal!

Ingredients:

- 1 (8 oz) Tootie's Tempeh, crumbled thoroughly
- 1 1/2 TBSP avocado oil
- 1 1/4 cup shiitake mushrooms
- 2 1/2 cup red cabbage
- 2 carrots
- 1 small onion
- 3 cloves garlic
- 1 1/2 tsp ginger
- 1 TBSP toasted sesame oil
- 2 TBSP tamari
- 1 TBSP rice vinegar
- 2 TBSP brown sugar
- 2 TBSP cornstarch
- Red pepper flakes
- 34 dumpling wrappers
- Gyoza dipping sauce of your choice



Instructions:

1. Using a food processor, separately mince the mushrooms, cabbage, carrots, onion, garlic, and ginger. Blitz the tempeh lightly. Set ingredients aside.
2. Heat the oil in a medium sauté pan over medium heat. Add in the onions, garlic, and ginger. Sauté until aromatic.
3. Add the tempeh and sauté for 6-7 minutes until lightly browned. Add in the mushrooms, cabbage, and carrots.
4. Cook over medium heat for 4-6 minutes until the vegetables are al dente. Add the sesame oil, tamari, rice vinegar, and brown sugar. Season with salt and pepper to taste.
5. Cook for another 2-3 minutes, then transfer to a strainer and drain any excess liquid from the vegetable filling. Place in a bowl. Mix in the cornstarch until well combined.
6. Pleating the Dumplings:
7. Place a wrapper in the palm of one hand and place 1 to 1 1/2 TBSP of the filling in the center of the wrapper. Compress the filling.
8. Carefully fold the wrapper from the bottom to the top, making a half moon, using your finger to push the filling in.
9. Dab water on the edge of the wrapper and carefully seal with your fingers by pressing both ends together.
10. Pleat the edges of the dumpling if desired. You can simply leave them plain if you wish.
11. Repeat steps 1-4 for the rest of the dumplings. Make sure to cover the dumplings while you are working so they don't dry out.
12. Pair with your favorite dipping sauce!

TEMPEH WITH PESTO AND POTATOES

Notes:

A simple but divine recipe timed perfectly for all that basil in your garden or your farmer's market. We hadn't tried pesto with tempeh before, and it has already become our new fave!

Ingredients:

- 1 (8 oz) Tootie's Tempeh cake, 1/2" cubed
- 2 medium potatoes, 1 inch cubed
- 1 medium zucchini, asparagus or broccoli, cut into bites-size pieces
- 1 fresh tomato, diced (for cooking)
- 1 TBSP avocado oil (for the tempeh)
- 1 TBSP olive oil (for the veggies)
- 1 cup fresh pesto
- 2 cherry tomatoes, diced (for garnish)
- Microgreens (for garnish)



Instructions:

1. Cook the potatoes and set aside. Saute the tempeh cubes until golden brown and a bit crispy on both sides. Set aside.
2. In a large frying pan, sauté the tomatoes and veggie of choice in the olive oil. If the veggies aren't cooking fast enough, cover the pan for a while. When veggies are cooked, throw in the potatoes and tempeh and smother with the pesto.
3. Reheat and serve garnished with cherry tomato halves and some sprouts.

TEMPEH FALAFEL

Notes:

This one is a big winner - a twist on a classic - Tempeh Falafel! While being absolutely delicious it boosts the protein, has a great texture, and holds together really well. Every Mediterranean restaurant should take note!

Ingredients:

- 1 1/2 cakes (12 oz) Tootie's Tempeh, broken up into chunks
- 1/2 cup chopped fresh parsley
- 1/2 cup chopped white onion
- 4-6 small cloves garlic
- 2 Tbsp gluten free flour
- 2 Tbsp panko bread crumbs
- 1 tsp sea salt (plus more to taste)
- 3 tsp ground cumin
- 1 tsp ground coriander
- 1 pinch cayenne pepper or crushed red pepper (optional)
- Avocado oil (or other high heat oil) for pan frying
- Hummus, tahini, diced cukes, tomatoes, onion, avocado for garnish



Instructions:

1. Put parsley, onion, and garlic in a food processor. Mix until well processed.
2. Add the tempeh along with flour, bread crumbs, salt, cumin, coriander, and cayenne. Mix to combine thoroughly, scraping down sides as needed. It should make a thick paste with only very small bits of tempeh and herbs.
3. Form into small balls, then gently flatten a bit, and set them in the refrigerator for 15 to 30 min to allow the flavors to mix together.
4. Heat a large skillet over medium/medium-high heat. Once hot, add enough oil to create a thin layer on the bottom of the pan and wait 1-2 minutes for the oil to heat up. Then place the falafel in the pan and cook 2-3 minutes on each side. The bottoms should be nicely browned. flip gently as they can be fragile.
5. Serve with corn tortillas or rice. We put a dollop of hummus on a tortilla, layered lettuce, falafel, tomatoes, onions, cukes, and avocado, then poured tahini and sprinkled cilantro sprouts on top.

VIETNAMESE SUMMER SPRING ROLL WITH TEMPEH AND CHILI GARLIC SAUCE

Notes:

A simple but divine recipe timed perfectly for all that basil in your garden or your farmer's market. We hadn't tried pesto with tempeh before, and it has already become our new fave!

Ingredients:

- 1 (8 oz) Tootie's Tempeh, sliced into thin strips
- 8 rice paper sheets
- 2 mini cucumbers sliced
- 1 medium carrot, cut into thin strips
- 1 red bell pepper, cut into thin strips
- 1/2 cup fresh cilantro (optional)
- 1/2 cup regular basil
- 2 TBSP sesame seeds

For the chili garlic peanut sauce

- 1/3 cup peanut butter
- 1 TBSP soy sauce
- 1 TBSP sesame oil or unflavoured cooking oil
- 1 TBSP maple syrup or sugar
- 2 cloves garlic minced
- 2 TBSP chili garlic sauce
- 2 TBSP regular basil
- Water to thin



Instructions:

1. Prepare all veggies and tempeh as described above
2. Add all the dipping sauce ingredients to a small bowl and mix. Add enough water until you get your desired consistency.
3. On medium heat, sauté tempeh in oil until golden on all sides (about 10 minutes). Season with salt and pepper.
4. Pour warm water onto a dinner plate and soak your rice paper wrapper in it, then remove it. Place the wrapper on the chopping board.
5. To make your rolls, sprinkle soaked rice paper with sesame seeds, then fill one half with cucumber, carrot, red pepper, cooked tempeh, and basil.
6. Fold up the bottom of the rice wrapper, then fold each side over the ingredients tightly as you would roll a burrito. Serve with peanut sauce. Bon appetit! Chúc ngon miệng!

WALNUT AND CRANBERRY TEMPEH SALAD SANDWICH

Notes:

This recipe will convert any hard-core meat eater to tempeh. Great for this time of year when people are making sandwiches with leftovers.

Ingredients:

- 1 (8 oz) Tootie's Tempeh
- Handful of walnuts (we like to roast them a bit), chopped
- 1/2 apple, diced
- 1 stalk celery, diced
- 1/2 cup red onion
- 3 big dollops vegan mayo
- Dollop of vegan yogurt
- 1 tsp lemon juice
- 1/2 tsp crushed rosemary
- 1/2 tsp thyme
- 1 TBSP olive or avocado oil
- Salt & Pepper to taste
- 1/2 can (or 4 oz fresh) cranberry sauce



Instructions:

1. Break, crumble, or cut the tempeh into small chunks and sauté in oil with the thyme and rosemary, tossing frequently, until the tempeh is golden brown.
2. Set the pan aside to cool.
3. In a bowl, add the apple, celery, onion, walnuts, and lemon juice and mix.
4. When the tempeh is cool, add it to the bowl and add the mayo and yogurt and mix everything.
5. Add salt and pepper to taste.
6. Make sandwiches on bread with a generous amount of cranberry sauce, and top with lettuce.

WALNUT TEMPEH BURGER

Notes:

This is a wonderful burger that you can also throw on the grill now that the weather is getting nicer. Enjoy!

Ingredients:

- 1 (8oz) Tootie's Tempeh, crumbled
- 3/4 cup walnuts
- 2 tsp olive oil, plus additional for brushing
- 1/4 cup finely chopped onion
- 2 medium cloves garlic, minced
- 1/4 cup finely diced red bell pepper
- 1/4 cup finely chopped carrots
- 1/4 cup chopped mushrooms
- 1 TBSP cumin
- 2 tsp coriander
- 1/4 tsp salt
- Freshly ground pepper
- 4 English muffins or buns, split



Instructions:

1. Preheat oven to 350°F. Spread walnuts on a baking sheet and bake until lightly toasted, 8 to 10 minutes. Set aside to cool.
2. In a food processor, pulse toasted walnuts to fine powder. In a large skillet, heat 1 TBSP oil over medium-high heat. Add onion and cook, stirring often, until softened, about 3 minutes. Add crumbled tempeh, garlic, bell pepper, carrot, mushroom, cumin, coriander, salt, and pepper, and cook, stirring often, 5-10 minutes.
3. Let cool, then pulse with a hand immersion mixer (or food processor) until halfway processed, leaving some chunks.
4. Form mixture into 4 round patties. Grill or pan-fry or grill until golden brown on both sides.
5. Serve on a bed of lettuce or on a bun/English muffin with mayo, ketchup, avocado, sliced tomato, and red onion.



TEMPEH DINNERS



ASIAN-INSPIRED CRUMBLED TEMPEH AND TOFU

Notes:

An easy and cooling recipe packed with protein that can be served hot or cold, created by Kachina at Watermelon Pie!

Ingredients:

- 1 (8 oz) Tootie's Tempeh, crumbled
- 3 TBSP olive oil, divided
- 2 TBSP garlic, minced
- 1 lb tofu, crumbled (Heiwa tofu is the best!)
- 3 TBSP tamari or soy sauce
- Cilantro or scallions for garnish



Instructions:

1. In a large cast iron pan, heat 2 TBSP oil over medium-high heat. Add crumbled tempeh and tofu. Cook for 7 to 8 minutes, stirring frequently.
2. When getting browned and a little crispy, reduce heat to medium-low, push crumble to the side to make a space on the bottom of the pan. Add the remaining 1 TBSP oil and the ginger and garlic, saute for 1-2 minutes.
3. Mix the garlic and ginger in with the crispy crumble, add the tamari, and cook for another minute or two.
4. Serve with cilantro, peanuts, or scallions (or all three!) sprinkled on top, and add any of your favorite veggies.

BAKED EGGPLANT ROLLATINI

Notes:

Chef Matt at @surlieportland tipped me, Matt Kaplan, on to this idea of using tempeh in the filling. The tempeh adds great texture and a boost of protein, making this classic Italian dish a nutritious meal.

Ingredients:

- 2 (16oz) Tootie's Tempeh, crumbled
- 2 medium-sized Italian eggplants
- 8 oz @kitehillfoods ricotta
- 3-4 sprigs of Fresh basil - shredded or chopped
- 24 oz tomato sauce



Instructions:

1. Preheat the oven to 400°F degrees
2. Slice the eggplant into 1/4-inch thick pieces.
3. Lay the eggplant on a large, lightly greased casserole/baking dish and bake for 10 minutes. Reserve the eggplant on a plate and let cool
4. In a small bowl, mix the ricotta cheese, fresh basil, and crumbled tempeh
5. Pour half of the tomato sauce into the bottom of the casserole/baking dish.
6. Spoon 1-2 TBSP of the ricotta/tempeh filling onto the bottom of the eggplant slice. Roll it up and repeat until the ricotta filling is finished. Place the rolls in the dish.
7. Cover the eggplant rolls with the remaining tomato sauce and sprinkle with shredded cheese if you'd like.
8. Bake covered for 30 minutes, with 10 additional minutes uncovered.

BAKED TEMPEH AND EGGPLANT PUTTANESCA

Notes:

Who doesn't love a good Puttanesca! And this one is no exception - packed with flavor and protein.

Ingredients:

- 1 large red onion peeled and sliced into wedges
- 1 pint cherry tomatoes, cut in half
- 1 small red pepper, cubed
- 4 mushrooms, cut in quarters
- 1/2 cup Kalamata olives, pitted,
- 8 cloves garlic peeled
- 2 TBSP capers drained
- 1/4 cup basil slivered

For the marinated tempeh

- 1 (8oz) Tootie's Tempeh, cut into 3/4" pieces
- 1/4 cup low-sodium tamari
- 2 TBSP maple syrup
- 2 TBSP ketchup
- 1 TBSP red wine vinegar or rice vinegar
- 1 dash hot sauce
- 1/4 tsp garlic powder
- 1/4 tsp fresh ground black pepper



Instructions:

1. Preheat your oven to 375° F.
2. In a bowl, stir together the tamari, maple syrup, ketchup, vinegar, hot sauce, garlic powder, and black pepper. Gently stir tempeh cubes into the sauce and cover each piece in the marinade. Marinate for at least 10 minutes.
3. Combine tempeh, onion, eggplant, mushrooms, peppers, tomatoes, olives, and garlic on a rimmed baking sheet. Sprinkle some of the remaining tempeh marinade over the veggies. You can use parchment paper or oil to keep it from sticking. Sprinkle with salt and pepper if desired.
4. Bake for 30 to 40 minutes till everything is slightly crispy, basting with the tempeh marinade while tossing the veggies so they cook evenly.
5. Move the cooked veggies and tempeh into a bowl and toss with any final marinade that's left. Top with the capers and slivered basil. Serve over rice or pasta or potatoes.

BALSAMIC GLAZED TEMPEH

Notes:

These Balsamic Glazed Tempeh is a perfect comforting fall meal. It's SO easy and Vegan+ gluten-free

Ingredients:

- 1 (8oz) Tootie's Tempeh
- **Mix together in the pan**
- 1/2 cup balsamic vinegar
- 1/4 cup agave nectar or maple syrup
- 1/2 cup sugar (or replacement sweetener)
- 1/4 cup soy sauce or tamari... whichever you have on hand
- 5 garlic cloves, minced
- 5 sprigs Rosemary



Instructions:

1. Slice Tootie's Tempeh into thin triangles or strips. Heat oil in a pan over medium-high heat.
2. Fry tempeh until lightly golden brown- or longer if you like it crispy.
3. Season with salt and pepper when hot. Remove tempeh from pan.
4. Then reduce the mixture until it coats the back of a spoon without dripping off immediately, approximately 15 minutes.
5. Turn the heat off under the pan. Add tempeh back into the pan to coat with glaze.
6. Garnish with fresh herbs and serve warm.

BBQ TEMPEH

Notes:

An easy summer trick: marinate whole tempeh cakes in your favorite BBQ sauce, grill and slice! Serve with your favorite BBQ sides. I served this with sautéed/steamed broccoli and yellow squash with a bit of garlic. Happy summer :)

Ingredients:

- 2 (16oz) Tootie's Tempeh
- 10oz BBQ Sauce - I like TJ's Kansas City Style
- 2 tablespoons apple cider vinegar
- 2 tablespoons oil



Instructions:

1. Combine the ingredients in a large enough container that fits the tempeh cakes
2. Coat the tempeh in the marinade and marinate the cakes for at least 6 hours, ideally overnight. Halfway through, turn the cakes to ensure an even coating
3. Take the cakes out of the marinade and place them on a medium/high grill. Spoon some additional marinade onto the top of the cakes while grilling.
4. After 4-6 minutes, using a metal spatula, turn the cakes. You want to caramelize the cakes and should see grill marks, but be careful not to burn them.
5. Spoon more marinade onto the top of the cakes and cook for an additional 4 minutes
6. Serve with your favorite BBQ sides.

BRAISED TEMPEH

Notes:

Perfect for holidays or any meal.

Ingredients:

- 2 (16oz) Tootie's Tempeh
- 1/2 bottle of red wine (375 ml)
- 1/4 cup apple cider
- 3 stalks celery - cut to 1/2 inch dice
- 2 medium-large yellow or sweet onion - cut to one inch chunks

For the spice rub ingredients

- Combine in a large plate/dish:
- 3 TBSP smoked paprika
- 2 TBSP chili powder
- 1 TBSP onion powder
- 1 TBSP garlic powder
- 1 TBSP cumin
- 1 TBSP salt



Instructions:

1. Preheat the oven to 400°F.
2. Heat 2 TBSP of olive oil in a large sauté pan that can go in the oven. Alternatively, you can sear the tempeh and make the sauce in a sauté pan and then transfer everything to a casserole dish.
3. Apply the spice rub generously to each tempeh "cake". In the sauté pan, sear the tempeh on both sides for 5- 8 minutes per side. You want to brown/caramelize the tempeh without burning it. Once it is browned on both sides, reserve it on a plate.
4. Add the chunks of onions to the hot pan. Saute for 6- 8 minutes, then add the celery and saute for 5 more minutes.
5. Add the red wine and boil it for five minutes while scraping the bottom of the pan with a wooden spoon. Then add the apple cider and turn the pan off.
6. Nestle the tempeh "cakes" into the pan. The liquid should come up the sides of the tempeh. You can move some of the onions/celery on top of the tempeh cakes.
7. Braise the tempeh in the oven for 15 minutes and then flip the tempeh cakes over. Braise for 10 more minutes and serve.
8. You can fold a TBSP or two of butter into the sauce at this point. You can cut the cakes in halves, quarters, or slices.

CHARRED RADICCHIO WITH CRISPY TEMPEH AND PARSLEY-WALNUT SAUCE

Notes:

A delectable and beautiful dish today from baker & writer Ray Bake [@kraykray](#).

Ingredients:

- 2 (16oz) Tootie's Tempeh
- Radicchio
- 2 large garlic cloves, minced
- 1/4 cup tomato paste
- Juice of one lemon (reserve zest)
- 1/4 cup extra virgin olive oil
- Salt and pepper
- 2 medium (1 lb) treviso radicchio
- Polenta
- 1 cup polenta
- 3 cups broth (hot water mixed with 2 tsp Better than Bouillon) and 2 cups water or milk
- 1/4 tsp salt (more to taste)
- 2 TBSP vegan butter to finish
- Walnut-Parsley Sauce
- 1 cup walnuts, toasted (10 minutes at 300°F)
- 1 small bunch parsley, roughly chopped
- 2 tsp capers, rinsed
- Zest of one lemon
- 1 TBSP lemon juice (more to taste)
- 1 small garlic clove
- 1-2 TBSP of water to thin it out
- 1/4 cup olive oil, or more
- Salt to taste
- Paprika
- Neutral oil



Instructions:

1. Marinate the radicchio: In a large bowl, mix the minced garlic, tomato paste, lemon juice, and olive oil. Cut the radicchio into lengthwise quarters. Gently rub the mixture all over the radicchio and leave to marinate while you prepare the rest of the food.
2. Cook the polenta: Add the polenta, broth, water or milk, and salt to a pot and bring to a boil. Simmer over low heat, so it's just popping slightly, for about 20-25 minutes, until all the liquid is absorbed.
3. Make the sauce: Add the walnuts, parsley, capers, lemon zest, lemon juice, garlic, and water to a blender and blend until well-combined but not totally smooth. Stream in olive oil while blending some more. Adjust salt and lemon to your taste.
4. Fry the tempeh: Cut the tempeh into cubes. Heat a large pan with plenty of oil, so that you're almost shallow-frying the tempeh. Gently place the cubes into the oil and cook until brown and crispy. Drain. Sprinkle salt & paprika on top.
5. Cook the radicchio: Reheat pan with a thinner layer of oil. Place the marinated radicchio onto the pan and let cook until it begins to blacken, then flip and cook on the other side. Spoon polenta into a bowl, top with radicchio, tempeh, and green sauce.

CHILI CON TEMPEH

Notes:

We can never share enough tempeh chili recipes! This is one is so hearty and one of our faves.

Ingredients:

- 1 (8 oz) Tootie's Tempeh, crumbled
- 2 TBSP extra-virgin olive oil
- 1 medium red onion, chopped
- 1 large red or green pepper, chopped
- 2 medium carrots, chopped
- 1/2 tsp salt, divided
- 4 cloves garlic, chopped
- 3 TBSP chili powder
- 2 tsp ground cumin
- 1 tsp coriander
- 1 1/2 tsp smoked paprika
- 1 tsp dried oregano
- 1 large can (28 ounces) or 2 small cans (15 ounces each) diced tomatoes**, with their juices
- 1 can (15 ounces) black beans (with liquid)
- 1 can (15 ounces) pinto beans (with liquid)
- 1 cup vegetable broth or water
- 3/4 cup frozen corn
- 2 TBSP chopped fresh cilantro, plus more for garnishing
- 1 to 2 tsp lime juice, to taste
- Garnishes: chopped cilantro, sliced avocado, tortilla chips, vegan sour cream, shredded vegan cheese, etc.



Instructions:

1. Add olive oil to a heavy-bottomed pot (or Instant Pot) and sauté the crumbled tempeh, chopped onion, bell pepper, carrot, celery, and 1/4 tsp of the salt. Stir to combine and cook, stirring occasionally, until the vegetables are tender and the onion is translucent.
2. Add the garlic, chili powder, cumin, coriander, smoked paprika, and oregano. Cook until fragrant while stirring constantly, about 1 minute.
3. Add the diced tomatoes and their juices, the black beans and pinto beans, vegetable broth, and corn. Stir to combine and let the mixture come to a simmer (or if using InstaPot, cover and set for 15 min pressure cook).
4. Continue cooking, stirring occasionally and reducing heat as necessary to maintain a gentle simmer, for 30 minutes.
5. Add the chopped cilantro, stir to combine, and then mix in the lime to taste. Add salt to taste.
6. Serve with garnishes of your choice (we used red onion, Cocolone yogurt, avocado, pepitas, and cilantro).

CININNATI TEMPEH CHILI

Notes:

Here's a vegan twist on this unique and surprisingly delicious classic dish.

Ingredients:

- 2 (16 oz) Tootie's Tempeh
- 1 (6-ounce) can tomato paste
- 4 cups water
- 1 (8-ounce) can tomato sauce
- 1 large onion, minced (about 3 cups)
- 6 cloves garlic, minced
- 3 TBSP chili powder
- 1 tsp ground cumin
- 1 tsp cinnamon
- 3/4 tsp ground allspice
- 1/4 tsp ground cloves
- 1/2 tsp cayenne pepper
- 2 tsp kosher salt
- 2 TBSP Worcestershire sauce
- 1 TBSP apple cider vinegar
- 1/2 ounce unsweetened cacao powder or dark chocolate



Instructions:

1. Combine tomato paste and water in a Dutch oven and begin to heat.
2. Crumble tempeh into a food processor and pulse until broken into smaller pieces. Do this in batches. Add to pot.
3. Add all other ingredients except vinegar and cacao, stir and heat to a low-medium simmer.
4. Simmer uncovered for an hour, stirring occasionally. Add vinegar and cacao and stir in.
5. Serve over pasta. Top with red chili beans, shredded cheddar cheese, and diced onions.

COCONUT CURRIED TEMPEH

Notes:

This recipe has been created and shared with us by Nichole Katherine.

Ingredients:

- 1 (8oz) Tootie's Tempeh (Curry Seasoned or Traditional), cubed into bites
- 1 broccoli head, chopped into florets
- 2 carrots, diced
- 1 cauliflower, chopped
- 2 potatoes, cut into chunks
- 1 cup of snow peas (ends chopped)
- 2 cups of spinach
- 1 onion, diced
- 2 cloves garlic, minced
- 1 inch ginger, minced
- 1 TBSP lemongrass (fresh or paste)
- 1 cup brown rice

Ingredients for Sauce (adjust for taste and desired thickness)

- 4 cans vegetable broth
- 1 can diced tomatoes (14.5 oz)
- 1 can unsweetened coconut milk (13.5 oz)
- 1 can coconut cream (5.4 oz)
- 1 jar pre-made vegan coconut curry simmer sauce (optional, but recommended for extra flavor)
- 1/2 TBSP red curry paste
- 1 TBSP agave nectar

Spice ingredients

- 1 1/2 TBSP curry powder
- 2 tsp turmeric
- 1/2 tsp black pepper
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/4 tsp ground cloves
- 1/4 ground ginger
- 1/2 TBSP ground cumin
- 1/4 tsp allspice
- 1 tsp himalayan pink or sea salt
- 1/2 tsp chile flakes



Instructions:

1. Place tempeh cubes in the air fryer at 325°F for about 15 minutes, shaking the bucket to stir pieces and evenly brown about every 3 minutes. Alternatively, you can sauté the cubes in oil till lightly browned. Set to the side.
2. Mix sauce ingredients on the stovetop over medium heat in a large pot.
3. Add diced carrots, potatoes, and chopped cauliflower to cook first until softened, then lower heat to a simmer.
4. Sauté diced onions with minced garlic in oil while waiting. Add these to the pot when fully cooked and the onions are translucent.
5. Add the rest of the veggies/herbs and cook till broccoli and snow peas are cooked, but still have a little crunch and are bright green.
6. Add the tempeh back in along with the spice ingredients and mix well.
7. Simmer at low for a few more minutes. Serve over cooked brown rice.

CREAMED GNOCCHI WITH TEMPEH, ASPARAGUS, AND SPINACH

Notes:

This yummy creamy dish has been created by Hanna @saltyseavegan

Ingredients:

- 1-2 tsp olive oil
- 1/3 cup diced white onion
- 2 tsp minced garlic
- 8 oz fresh asparagus
- 2 cups fresh spinach
- 1 lb fresh potato gnocchi
- Fresh tomato, for topping
- Vegan parmesan, for topping
- Lemon zest, for topping
- Himalayan salt
- Freshly ground black pepper

Marinade & Tempeh

- 1 (8 oz) Tootie's Tempeh
- 3 TBSP low sodium tamari
- 3 TBSP water
- 2 TBSP date syrup
- 1 tsp smoked paprika
- 1 tsp minced garlic
- 1 tsp liquid smoke
- 1-2 tsp olive oil

Cream Sauce

- 1/2 cup raw cashews, softened
- 2/3 cup low sodium vegetable broth
- 2 tsp olive oil
- 2 tsp fresh lemon juice
- 1 tsp minced garlic



Instructions:

1. Whisk together tamari, water, date syrup, paprika, garlic, and liquid smoke in a shallow dish.
2. Cut tempeh into 1/2" cubes. Toss in tamari mixture. Marinate in the fridge for a minimum of 4 hours, tossing halfway through.
3. Heat oil in a pan on medium-high heat. Add marinated tempeh and cook for 4 minutes on each side. Set Aside.
4. Make cream sauce by combining cashews, broth, olive oil, lemon, and garlic in a high-speed blender. Blend until smooth. Add more vegetable broth if needed. Set aside
5. Heat olive oil in a clean pan on medium-high heat. Add onion and cook until translucent. Mix in garlic and cook until fragrant. Toss in asparagus and cook, stirring occasionally, until tender.
6. Stir in spinach, cooked gnocchi and tempeh. Mix until spinach is wilted, then pour in cream sauce.
7. Let thicken.
8. Taste and season with salt and pepper. Top with fresh tomato, parmesan and lemon zest.
9. Serve hot and enjoy!

CREAMY MUSHROOM TEMPEH

Notes:

This is one of the most delicious dinners we've had in a long time, and it's so quick to put together!

Ingredients:

For the tempeh marinade

- 1 (8 oz) Tootie's Tempeh, cut into cubes or triangles
- 2 TBSP soy sauce, or tamari
- 1 TBSP olive oil
- 1 tsp maple syrup
- 1 tsp Worcestershire sauce
- 1/2 tsp garlic powder

For the mushroom cream sauce

- 1 tsp olive oil
- 1 TBSP vegan butter
- 8 oz. mushrooms, sliced
- 3 cloves garlic, minced
- 1/4 cup white wine
- 1/2 cup vegan cream (you can use Miyoko's liquid mozzarella, make a buttermilk by combining 1/2 cup plant milk and 1 tsp apple cider vinegar, mix and let sit a few minutes till it thickens, or make a roux with plant milk, butter, and flour.)
- Salt & pepper
- Freshly chopped herbs for topping, such as thyme, rosemary, and parsley



Instructions:

1. In a shallow bowl, combine the tamari, olive oil, maple syrup, Worcestershire sauce, and garlic powder. Add the tempeh pieces and toss to coat. Refrigerate and let marinate for at least 30 minutes or up to overnight.
2. Heat 1 tsp olive oil in a large skillet over medium heat. Add the marinated tempeh and cook, stirring frequently, until the tempeh is lightly browned on all sides, about 5 minutes.
3. Remove the tempeh from the pan and set aside. Add butter and mushrooms to the pan.
4. Cook, stirring frequently, until mushrooms are soft and beginning to brown, 5-7 minutes.
5. Add the garlic and cook, stirring, for 1 minute more.
6. Add the white wine and let reduce by about half, stirring occasionally, 1-3 minutes.
7. Add the cream sauce and the tempeh and stir to coat. Season with salt and pepper.
8. Let the pan stay on the stove just long enough to warm the cream and slightly thicken it, then remove and serve topped with fresh chopped herbs.

CRUMBLE TEMPEH PIZZA

Notes:

These tempeh crumbles are so flavorful and make the perfect topping for pizza or pasta night. We used them on a delicious pizza made with store bought dough, with [@pembertonfarms](#) pomodoro sauce, and [@plantaheadusa](#) mozzarella cheese.

Ingredients:

For the tempeh crumbles

- 1 (8oz) Tootie's Tempeh
- 2 TBSP maple syrup
- 2 TBSP soy sauce or tamari
- 2 TBSP olive oil
- 2 TBSP water
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp dried oregano
- 1/2 tsp dried rosemary
- 1/2 tsp dried sage
- 1/2 tsp dried basil
- 1/2 tsp smoked paprika
- 1/4 tsp black pepper
- 1/2 tsp salt
- Pinch of crushed red pepper flakes
- 2 TBSP neutral oil (for cooking)

To serve

- Pizza dough
- Vegan mozzarella cheese
- Other toppings or veggies of choice



Instructions:

1. Crumble tempeh using your hands or a food processor. Add all other ingredients besides the cooking oil and stir well to combine.
2. Let sit for 5-10 minutes to allow the tempeh to marinate.
3. Preheat a stainless steel or cast iron skillet and add 2 TBSP of neutral oil. Add in the marinated tempeh crumbles and cook for 8-10 minutes, stirring occasionally until browned. Do not overcook, as the tempeh will continue to darken on the pizza while in the oven.
4. We used it as a topping for pizza but can also be used as a topping for pasta dishes or salads!

CURRIED TEMPEH SHEPHERD'S PIE

Notes:

Today's recipe is a great winter comfort food - Shepherd's Pie, with a twist using curry.

Ingredients:

Filling

- 1 (8 oz) Tootie's Tempeh, crumbled
- 1 cup red lentils (can be made without lentils, just add more tempeh)
- 2 TBSP olive oil
- 1/2 sweet onion, diced
- 2 cloves garlic, minced
- 1/2 cup frozen peas
- 1/2 cup frozen sweet corn
- 1/2 cup frozen carrots
- 1 1/2 tsp curry powder
- 1 cup walnuts, roughly chopped
- 15 oz of your favorite vegan curry sauce

Potato Topping

- 4 medium-large potatoes, peeled and cut into 1 inch cubes
- 8 TBSP vegan butter
- 1/3 cup oat milk
- 1/2 tsp garlic powder
- Salt & Pepper to taste
- Fresh parsley, for garnish



Instructions:

Directions for Filling

1. Cook the lentils until al dente. Drain and set aside.
2. Add the oil to a large skillet and place it over medium-high heat for 2 minutes. Add the onions and garlic. Cook till aromatic, stirring occasionally.
3. Add the crumbled tempeh to the skillet and season with curry powder and salt and pepper to taste. Stir well. Cook for 6-8 minutes, until the tempeh is browned.
4. Add the frozen peas, carrots, corn, and walnuts. Add the cooked lentils. Pour the curry sauce over the mixture. Stir well and bring to a boil, then reduce to a simmer. Simmer for 5 minutes. Set the filling mixture aside. Preheat the oven to 400°F

Directions for Potato Topping

1. Place the potatoes in a large pot. Cover the potatoes with water and bring to a boil. Reduce to a simmer. Cook until potatoes are fork-tender, 10-15 minutes.
2. Drain the potatoes in a colander. Return the potatoes to the hot pot. Add butter & milk, garlic powder, salt, and pepper. Mash the potatoes.
3. Assemble the Casserole:
4. Pour the filling mixture into a 9x9 (or 7x11) inch baking dish. Spread it out into an even layer. Spoon the mashed potatoes on top of the mixture. Spread into an even layer and score with a fork.
5. Bake uncovered for 25-30 minutes. Cool for 15 minutes before serving. Garnish, serve, and enjoy!

DAL WITH TEMPEH, EGGPLANT, & SQUASH

Notes:

Wonderful tastes and textures makes for a quick gourmet meal!

Ingredients:

For the Tempeh, Eggplant, and Squash

- 1 (8 oz) Tootie's Tempeh, cubed
- 1 TBSP olive or toasted sesame oil
- 1 TBSP rice wine vinegar
- 1 TBSP red miso paste
- 1 tsp maple syrup
- 1 eggplant, cubed
- 1/4 butternut squash, cubed
- 2 TBSP olive or toasted sesame oil

For the dal

- 1 TBSP toasted sesame oil
- 2 cloves garlic, peeled and finely chopped
- 1 TBSP minced fresh ginger
- 1 TBSP miso paste
- 3/4 cup red lentils
- 1 cup water
- 1 can full fat coconut milk
- salt and pepper to taste
- 1/2 lemon, juiced



Instructions:

1. For the tempeh, place the cubes in a bowl and mix together the marinade ingredients in another. Pour this mixture over the tempeh and make sure that every cube is covered. Cover the bowl and put aside. You can either prepare the tempeh a few hours before cooking or the night before. Let it marinate for 30 minutes at least.
2. For the eggplant and squash, preheat the oven to 400F and line a tray with baking paper. Place the eggplant and squash cubes on it, drizzle with the oil and season with salt. Give the veggies a good stir, then roast for about 15 - 20 minutes, checking after about 10 minutes whether some cubes need to be turned to prevent burning. Remove from the oven and set aside.
3. For the dal, heat the oil in a medium-sized pot and fry the garlic and ginger until fragrant. Add the miso paste, a splash of water, and stir to combine. Add in the lentils, water and coconut milk and let the dal cook on medium to high heat for 15 minutes with occasional stirring. Once the dal is thicker and the lentils are cooked, season it with salt and pepper and add in the lemon juice.
4. To cook the tempeh, heat a pan to medium-high heat and fry the cubes until golden brown on each side. The marinade liquids should be enough to fry in, but if not, add a little more oil or some lemon juice.
5. To serve, scoop the dal into a bowl, top with the eggplant, squash, and tempeh, and garnish with parsley or microgreens. Drizzle some lemon juice on top.

DECONSTRUCTED TEMPEH MAKI ROLLS

Notes:

Widly delicious, thanks to Mimi
(Instagram: @xolokitchen)

Ingredients:

- 1 (8 oz) Tootie's Tempeh (curry or traditional), cubed into small bites
- Avocado for the tempeh
- Marinade
 - 1/4 cup veggie broth
 - 1/4 cup tamari
 - 1/4 tahini
- 2 TBSP seasoned rice vinegar
- 2 TBSP maple syrup
- 2 TBSP sesame oil
- 2 TBSP olive oil
- 6 cloves finely chopped garlic
- Sriracha to taste



Instructions:

1. Mix the marinade and then marinate the tempeh for at least an hour or longer.
2. Saute the tempeh till cooked and browned on both sides.
3. Assemble into bowls with your favorite ingredients like avocado, carrots, kimchi, scallions, and sesame seeds.
4. Serve with nori sheets or seaweed snacks such as Gimmie Seaweed to make your own deconstructed maki rolls. Beautiful, healthy, and filling!

EASY SAVORY TEMPEH

Notes:

Try this easy and flavorful dish modified from NYT that called for tofu but we used tempeh instead - an easy way to boost protein and fiber and add variety to your weekday meals.

Ingredients:

- 1 (8 oz) Tootie's Tempeh, crumbled
- 1/2 TBSP avocado or olive oil
- 4 scallions, sliced at an angle (reserve dark green tops for garnish)
- 1 to 2 Thai chiles (or 1 small serrano pepper), thinly sliced (optional, for spicy!)
- 3 garlic cloves, thinly sliced
- 1 TBSP roasted black or white sesame seeds
- 1 handful cilantro leaves and tender stems, roughly chopped (for garnish)

For the sauce ingredients

- 3 TBSP tamari or soy sauce
- 1 TBSP Chinese black vinegar (see Tip for a gluten-free substitute)
- 1 tsp organic cane sugar, pure maple syrup or agave nectar
- 1 TBSP gochugaru (or crushed red pepper flakes or sriracha)
- 1 TBSP toasted sesame oil



Instructions:

1. In a large skillet, heat the oil over medium-high heat. After a minute or two, add the scallions, chiles (if using), and garlic. Cook, stirring frequently, until the garlic is slightly golden and the scallions are softened, about 2 minutes.
2. Add the crumbled tempeh to the pan and toss to coat it in the oil. Cook undisturbed for 2 minutes, then stir. Cook, stirring every 2 minutes, until the tempeh is golden brown in some spots, a total of 8 to 10 minutes.
3. Meanwhile, make the sauce by combining all the ingredients in a small bowl and whisking them together.
4. Pour the sauce into the pan — it will bubble rapidly — and stir with a silicone spatula to evenly coat the tempeh. Cook for a few more minutes. Remove from the heat and sprinkle with the sesame seeds.
5. Serve over cooked rice and top with the reserved scallion tops and cilantro. Makes great leftovers.

EASY TEMPEH STIR-FRY

Notes:

This is a quick and easy meal with tempeh where the flavors just POP!

Ingredients:

- 1 (8 oz) Tootie's Tempeh, sliced into bite sized pieces
- 2 cloves of garlic, finely chopped
- 1 onion, sliced
- 1 red pepper, thinly sliced
- 2-3 cups kale, chopped
- 2 TBSP avocado oil
- For the sauce you can use: peanut, thai peanut, teriyaki, it's your choice!



Instructions:

1. Saute tempeh pieces in 1 TBSP avocado oil until crisp on both sides (we added a little garlic powder). Remove from pan.
2. Saute onions, garlic, and peppers in remaining avocado oil until softened. Add kale until wilted.
3. Add the tempeh back in for a few minutes, and then when everything is ready, add the sauce on top and let it heat for a minute or so.
4. Voila! Done in less than 15 minutes. Serve over your preferred grain or with a salad.

GERMAN DUMPLINGS

Notes:

Kate made it with apple cider, Brussels sprout leaves, shallots, heirloom cherry tomatoes, and aromatic herbs. And of course, I topped it off with some delicious tempeh bacon made with Tootie's Tempeh.

Ingredients:

- 3 cups all purpose flour
- 4 TBSP of fine semolina flour
- 3 TBSP of potato starch
- 2 tsp of sea salt
- 1-2 cups plant-based milk, unsweetened
- 4 pinches turmeric for the color
- 2 pinches Kala Namak for the egg taste (optional)
- Spätzle maker or colander

Topping

- 10 slices tempeh bacon (see recipe pg. 32 or 139)
- Saute in butter and apple cider your favorite veggies such as brussel sprout leaves, kale, cherry tomatoes, herbs)



Instructions:

1. Add all the dry ingredients to a medium bowl and stir to combine. Make a well in the flour mixture and add in the milk 1 cup at a time. Whisk until the batter is well combined, develops bubbles, and is smooth. The batter should drip very slowly from the spoon and not be too liquid. Taste the dough and make sure it has enough salt in it. Let the batter sit for 5-10 min. Taste the dough and make sure it has enough salt in it.
2. Bring a large pot of water over high heat to a boil, add about 1 TBSP of salt to the water, and reduce temperature to a simmer.
3. Press batter through a spätzle maker, a large holed sieve, or a colander into the simmering water. Work in batches, after using about 1/4 of the batter, stop adding new spätzle and let them cook for about 2-3 minutes, or until they float to the top. Stir occasionally. Use a slotted spoon to transfer the spätzle to the colander so that excess water can drip off. Drizzle with oil so they don't stick to each other.
4. Once all the batter has been cooked, serve the spätzle with some melted plant butter and herbs or sauté them with vegetables, massaged kale, or whatever you'd like and top with cooked tempeh (seasoned, marinated or sautéed). Enjoy!

GOCHUJANG ROASTED EGGPLANT AND TEMPEH

Notes:

From food-as-medicine chef Karina Hines, founder of @botanickitchen.eat, this dish has bold Asian-fusion flavors mixed with textures from roasted, crunchy tempeh cubes and spicy softened eggplant.

Ingredients:

- 1 (8 oz) Tootie's Tempeh
- 2 eggplants, diced
- 4 TBSP Tamari/soy sauce
- 2 TBSP rice vinegar
- 1 TBSP tomato paste
- 2 - 3 tsp gochujang paste
- 1 tsp smoked paprika
- 1 tsp ginger
- 1 tsp asafoetida (optional)
- 6 cups salad greens
- 1 scallion, finely sliced
- 1/2 cup cilantro (optional)
- 2 TBSP sesame seeds (optional)



Instructions:

1. Preheat oven to 400F. Line a sheet pan with parchment paper.
2. Dice tempeh + eggplant into small, similar-sized pieces.
3. Mix tamari, vinegar, tomato paste, gochujang, ginger, smoked paprika, and asafoetida in a big bowl. Add cut-up tempeh + eggplant, mixing gently in the marinade to coat lightly—place in a single layer on a sheet pan.
4. Roast for 20 mins, then turn pieces over using a spatula or tongs and roast for another 15 minutes or until tempeh is golden and eggplant is golden and soft.
5. Serve over a bed of salad greens, cooked grains or noodles garnished with cilantro or sliced scallions. Sprinkle with sesame seeds or drizzle with sesame oil or tahini to serve if you like.

HEARTY VEGETABLE AND TEMPEH STEW

Notes:

We have an easy one-pot recipe with depth from an Ethiopian spice blend called Berbere, created by Matt Kaplan

Ingredients:

- 2 (16 oz) Tootie's Tempeh
- 4 large carrots, cut into 1/2 inch pieces
- 6 medium size potatoes, cut into 3/4 inch pieces
- 4 TBSP olive oil
- 2 TBSP smoked paprika
- 3 TBSP berbere
- 1 TBSP salt
- 1 TBSP fresh rosemary, chopped
- 1 TBSP fresh thyme, chopped
- 1 liter of vegetable stock
- 2 TBSP dark miso paste
- 2 TBSP AP flour



Instructions:

1. Heat two TBSP of olive oil in a large pot over medium-high heat.
2. With your hand, break the tempeh into small pieces and brown the tempeh for eight minutes, stirring occasionally.
3. Reserve the tempeh on a plate and sprinkle 1/2 tsp of salt on it.
4. Heat two more TBSP of olive oil in the pot and add the carrots, saute for eight minutes.
5. Add the rosemary and saute for eight minutes.
6. Add the smoked paprika and the berbere and saute for an additional two minutes.
7. Add the potatoes, vegetable stock, 1/2 TBSP salt, and the thyme.
8. Cover the pot and bring to a boil for ~30 minutes.
9. In a small bowl, whisk together the two TBSP of flour with two TBSP of water. Add the slurry to the stew and keep the lid off as the stew thickens.
10. When you add the slurry, also add the tempeh back to the pot. Cook the stew for an additional 5 minutes.
11. With the heat turned off, add the miso paste and incorporate it into the stew. Enjoy!

HOT HONEY TEMPEH TENDERS

Notes:

We are obsessed with these hot honey tempeh tenders! These oil-free, air-fryer crispy tenders taste so good that you must try them yourself. Check out vegmeg.com for all the details. Thanks [@vegan_meg](#) for this amazing recipe!

Ingredients:

- 1 (8 oz) Tootie's Tempeh
- 1 cup flour
- 2 TBSP cornstarch
- 1 cup soy milk
- 1 tsp salt, split
- 2 cups cornflakes, pulsed
- 3/4 cup agave
- 1 TBSP chili paste
- 1/2 tsp cayenne pepper
- 1 TBSP lime juice



Instructions:

1. Slice tempeh into 4 portions and trim the edges to resemble tenders. In a bowl, whisk together flour, cornstarch, soy milk, and 1/2 tsp of salt. In a separate bowl, add crushed cornflakes.
2. Dip each tender into the batter, then coat in cornflakes. Air fry for 15-20 minutes at 400°F, checking every 5 minutes until golden and crispy.
3. While tenders are in the air fryer, prepare the hot honey sauce. In a bowl, whisk together the agave, chili paste, cayenne pepper, 1/2 tsp salt, and lime juice. When tenders come out of the air fryer, toss them in sauce and serve!

INDONESIAN SAUTEED TEMPEH

Notes:

This is a quick and delicious meal that is similar to the popular Indonesian Sauteed orek!

Ingredients:

- 1 (8 oz) Tootie's Tempeh
- 4 garlic cloves finely minced
- 2 inches ginger finely minced
- 1 TBSP olive or avocado oil
- 1 medium green onion for garnish chopped (optional)

Tempeh Sauce

- 3 TBSP tamari or soy sauce
- 1 TBSP maple syrup
- 1 TBSP lime juice (from about 1 medium lime), or sub with rice vinegar
- 2 tsp sriracha or sambal oelek (optional)



Instructions:

1. Mince the garlic and ginger into small pieces. Set to the side.
2. Crumble the tempeh. Set to the side.
3. Mix the tempeh sauce ingredients in a small bowl.
4. Heat the oil and then add the minced garlic and ginger. Fry until fragrant, and the garlic turns slightly brown (but not burnt), for about 2-3 minutes.
5. Add the tempeh to the pan. Turn up the heat and sauté until the tempeh turns golden brown, about 5-6 minutes.
6. Once the tempeh is browned, pour the sauce mixture into the pan. Turn the heat to medium-low and keep stirring until the sauce coats the tempeh evenly and caramelizes into a rich dark brown color. This will take about 4-6 more minutes.
7. Serve over a bed of rice and top with spring onions and sesame seeds (optional).

JAPANESE BBQ CRISPY TEMPEH

Notes:

Today, a high protein meal for post-workshop created by [@shefmimi](#) that comes together quickly in an air fryer. Super delish!

Ingredients:

- 1 (8oz) Tootie's Tempeh, pulled apart in pieces

For the batter

- 1 cup flour
- 1 cup oat or soy milk
- 1 tsp garlic powder
- 1 tsp onion powder
- Pinch of paprika
- Pinch of salt
- 1 cup panko

For the sauce

- 6 TBSP soy sauce or tamari
- 2 TBSP brown sugar
- 6 oz tomato paste
- 1 TBSP mirin
- 3 tsp ginger, grated
- 3 tsp green onion, sliced
- 1 TBSP rice vinegar
- 3 cloves garlic, minced
- 1 cup water

For garnish

- Cilantro
- Pickled red onions



Instructions:

1. Directions for the BBQ sauce: In a medium-sized saucepan, add all ingredients and whisk together on med heat until it starts to simmer, about 5 minutes. Continue stirring to avoid burning. Turn sauce down to low and allow to cook for another 5 minutes, stirring occasionally.
2. For the tempeh: In a bowl, whisk together the flour + milk and all other ingredients. Add the tempeh pieces, making sure they are evenly coated. Once coated, toss in panko crumble. Air-fry at 400°F for 12-15 minutes, until golden brown.
3. Toss tempeh with BBQ after and enjoy!

JERK TEMPEH

Notes:

This dish is the perfect blend of sweet and savory. Crispy on the outside and delicate on the inside - delish!!

Ingredients:

- 1 (8 oz) Tootie's Tempeh
- Coleslaw (cabbage, carrots, green onions, and rice with your choice of dressing)

Marinade

- 1/3 cup white onions coarsely, chopped
- 2 green onions, chopped
- 1 scotch bonnet pepper, stems and seeds removed; chopped (or habaneros)
- 1 large clove garlic, minced
- 1 1/2 TBSP Jamaican Jerk Seasoning powder (we used Gryffon Ridge)
- 1 tsp salt
- 1/2 cup tamari
- 1 TBSP maple syrup
- 1/4 cup lime juice
- 1/4 inch fresh ginger



Instructions:

1. Cut the tempeh in half, then cut each block in half and then again in half lengthwise so you have 8 rectangles about 1/4" thick.
2. For the marinade, combine all the ingredients in a blender and blend until smooth.
3. Place tempeh rectangles into a shallow container and pour the marinade on top, turning the tempeh over so that both sides are covered. Marinate for at least an hour, overnight if you can.
4. Grill or pan-fry the tempeh rectangles until blackened on both sides. Then cut them in half into strips.
5. Serve over a coleslaw (cabbage, carrots, green onions, and rice with your choice of dressing), and enjoy!

KUNG PAO TEMPEH

Notes:

This Kung Pao Tempeh is bursting with flavor, so tasty, and perfect for seasonal veggies!

Ingredients:

Marinade & Veggies

- 1 (8oz) Tootie's Tempeh, cut into triangles
- 3 TBSP tamari or soy sauce
- 2 TBSP mirin
- 3 tsp cornstarch
- 1 small zucchini cut into thick half moons
- 1 small eggplant cubed
- 1 red bell pepper cut into 1-inch pieces

Sauce

- 2 TBSP tamari
- 1/4 cup balsamic vinegar
- 4 tsp hoisin sauce or Gochujang
- 4 tsp toasted sesame oil
- 3 tsp maple syrup

Saute

- 2 TBSP avocado oil
- 3/4 tsp red pepper flakes
- 6 green onions, sliced, white and green parts separated
- 4 cloves garlic, minced
- 2 tsp fresh ginger, grated
- 1/4 cup unsalted dry-roasted peanuts or cashews
- Cooked rice or grain of choice for serving
- Cilantro and sesame seeds for garnish



Instructions:

1. Whisk together the marinade ingredients (tamari, mirin, and cornstarch) in a small bowl. Place the tempeh, zucchini, eggplant, and bell pepper in a large, shallow baking dish and pour the sauce over them. Toss to coat and let them marinate at room temperature for 10 minutes.
2. While the vegetables are marinating, make the sauce. Whisk together the vinegar, hoisin or gochujang, sesame oil, maple syrup, and tamari in a small bowl. Set aside.
3. Heat a wok or large skillet over medium-high heat. Swirl to coat with the avocado oil and add the red pepper flakes to the pan. Cook for about 30 seconds, stirring constantly, until the pepper flakes are beginning to darken, but not burn. Add the tempeh and vegetables to the wok and cook for about 5 minutes, or until the eggplant and zucchini are tender and the tempeh is nicely browned.
4. Stir in the white parts of the green onion, garlic, and ginger, and cook for 30 seconds. Pour the sauce into the wok and stir to coat, then add the peanuts or cashews and cook for another minute or so. Remove from heat. Serve over rice and garnish with the remaining green onions, sesame seeds, and cilantro.

LEMON DIJON TEMPEH

Notes:

We're sharing chef Dianne Wenz's recipe in honor of the Paris Olympics and all the plant-based foods they were serving the athletes!

Ingredients:

- 1 (8 oz) Tootie's Tempeh
- 1/2 tsp salt
- 1/2 tsp pepper
- 2 tsp olive oil
- 10 oz mushrooms, sliced
- 1/2 cup vegetable stock
- 1 TBSP lemon juice
- 2 TBSP non-dairy milk (non sweetend)
- 2 tsp Dijon mustard
- 1-2 cloves garlic, minced
- 1 TBSP chives chopped



Instructions:

1. Slice the tempeh in half so you have two square-ish pieces. Then carefully slice each of those squares in half through the thinnest side.
2. Heat the pan over medium-high heat and add 1 tsp of oil along with the tempeh slices. Sprinkle the slices with about 1/4 tsp each of salt and pepper.
3. When the tempeh begins to brown, after about 5 minutes, flip the slices and sprinkle the other side with another 1/4 tsp each of salt and pepper. The tempeh will be ready when it's golden brown and a little crispy on both sides. If it sticks to the pan, use vegetable stock to deglaze the pan.
4. While the tempeh is cooking, heat the remaining oil in another pan over medium-high heat and add the mushrooms. Cook for about 10 minutes, stirring occasionally, until the mushrooms are nicely seared and fragrant.
5. Whisk together the vegetable stock, lemon juice, non-dairy milk, and minced garlic, and pour the mixture into the pan with the mushrooms. Reduce the heat to medium, and let simmer for about 5 minutes. The liquid will thicken slightly and reduce.
6. To serve, place two tempeh slices on a plate, and spoon half of the mushroom mixture over it. Sprinkle with chives. Repeat with the rest of the tempeh and mushrooms. Serve hot.

LEMON-MISO TEMPEH WITH BROCCOLI

Notes:

This is a modification of a tofu recipe by [@hettymckinnon](#) from the NYT that is very popular, and we can see why - it's very tasty! With the tempeh it has added flavor, texture, protein and fiber. Any tofu dish can be made with tempeh, for variety and added protein etc. Yum!!

Ingredients:

For the Lemon-miso sauce

- 3/4 cup just-boiled water
- 2 TBSP white miso paste
- 1/4 cup lemon juice (from 1 to 2 lemons)
- 3 TBSP maple syrup
- 1 TBSP cornstarch
- 1/2 tsp salt
- 2 tsp roasted sesame oil
- 2 garlic cloves, finely grated/chopped
- 1 (1-inch) piece fresh ginger, peeled and finely grated/chopped

For the Tempeh and Broccoli

- 1 (8oz) Tootie's Tempeh, cut into 3/4" cubes
- 1/3 cup cornstarch (or preferred thickening agent)
- Salt and pepper
- Olive or avocado oil
- 1 pound broccoli (about 2 small heads), cut into small florets
- 2 scallions, trimmed and thinly chopped
- Cooked rice, to serve



Instructions:

For the lemon-miso sauce

1. In a medium bowl, add the just-boiled water and the miso paste and stir to dissolve. Add the lemon juice, maple syrup, cornstarch, and salt, and stir to combine. Set aside.

For the tempeh

1. Season the cornstarch with salt and pepper. Add the tempeh and coat on all sides. Heat a large skillet on medium-high for 2 minutes. Drizzle with 3 TBSP oil and add the tempeh. Cook until golden and crispy. If the pan gets dry, add a bit more oil. Transfer the tempeh to a large plate.
2. With the heat on medium-high, add the broccoli, season with salt and pepper (add more oil if too dry), and cook, tossing often, until tender and charred around the edges, 6 to 7 minutes (reduce heat to medium if it gets too hot and smoky). Transfer the broccoli to the same plate as the tempeh.
3. To finish the lemon-miso sauce: Give the skillet a quick rinse and place it back on medium heat. Add the sesame oil, garlic & ginger. Cook until fragrant, then pour the sauce into the skillet. Cook, stirring, until thickened and glossy, 3 to 4 minutes.
4. Add the tempeh and broccoli to the lemon-miso sauce and toss to coat. Top with scallions and serve with rice.

MANICOTTI WITH TEMPEH/RICOTTA STUFFING

Notes:

Craving cozy comfort food? The idea for Manicotti was inspired by [@saltandpepper.social](https://www.instagram.com/saltandpepper.social), who did tofu-ricotta stuffed shells, and we thought it would also work well with tempeh. The recipe is loosely based on a recipe by our friend [@plantbasedjesscom](https://www.instagram.com/plantbasedjesscom)!

Ingredients:

- 1 (8 oz) Tootie's Tempeh
- 8-12 manicotti noodles (or shells)
- 3 cups marinara sauce
- Handful of fresh basil - roughly chopped, optional, for garnish

For the homemade ricotta filling

- 15 oz can cannellini or navy beans - rinsed and drained
- 1/2 lemon - juiced
- 1/4 cup nutritional yeast
- 2 cloves of garlic - roughly chopped
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp dried oregano
- handful fresh spinach
- 5-7 TBSP water - to thin out consistency as needed
- For the vegan white sauce (or you can use shredded vegan mozzarella):
- 1 cup raw cashews - soaked for 8 hrs or let sit in boiled water for 10 min.
- 3/4-1 cup water
- 2-3 TBSP nutritional yeast
- 1 TBSP lemon juice
- 1 small clove of garlic
- Salt to taste



Instructions:

1. Combine all the white sauce ingredients and blend for 30-60 seconds till smooth. Set aside.
2. Cook the manicotti noodles al dente in boiling water according to the packaging. Drain and rinse in cold water. Set aside.
3. Meanwhile, make the ricotta: Transfer all the ingredients to a food processor. Process until mostly smooth. Add water as needed to reach the consistency of ricotta.
4. Taste and adjust salt, garlic, and lemon if needed. Set aside.
5. Preheat oven to 350°F. Cover the bottom of a large baking dish with a layer of the marinara sauce. Put the ricotta mixture into a bag to make a funnel (cut the edge of a large plastic bag or use a piping bag). One manicotti noodle at a time, fill it up and then transfer it to the dish with the sauce. Do this until you've filled all the noodles. Spread more marinara sauce over the manicotti and drizzle the vegan white sauce on top. (You'll have extra sauce)
6. Cover with foil & bake for 30 minutes. Then, uncover and turn up the heat to 450°F, and bake for another 10-15 minutes.

MAPLE MUSTARD TEMPEH BOWL

Notes:

Great for any season, especially fall, and chock full of protein and veggies

Ingredients:

Maple-Mustard Marinade

- (4-6 servings)
- 1/4 cup maple syrup
- 1/4 cup stone ground mustard
- 2–3 TBSP soy sauce
- 2–3 TBSP olive oil

Bowl Fixings

- 2 (16oz) Tootie's Tempeh, cubed
- 2 sweet potatoes, peeled and diced
- 3–4 cups kale, cut into small pieces
- 1 avocado
- 1/2 cup sauerkraut
- 1 apple, diced
- Other toppings/add-ins: quinoa, crispy onions, pecans, dried cranberries



Instructions:

1. Make the dressing and marinate tempeh: Preheat the oven to 425°F. Shake dressing ingredients in a jar. Marinate the tempeh in about half of the dressing for about 30 minutes, or just while the oven heats up.
2. Roast tempeh and sweet potato: Place marinated tempeh (with marinade) on a baking sheet. Add sweet potatoes to the other half of the baking sheet. Drizzle with oil, sprinkle with salt, and roast for 25-30 minutes. When both are browned and roasted, toss the tempeh with a little more dressing so it soaks up lots of maple-mustard flavor.
3. Get the kale all yummy: Pro tip: place the kale in the same bowl that the marinated tempeh was in so it can grab onto all the leftover marinade in the bowl. Massage the kale with a little bit more dressing and the avocado, so the avocado kind of smashes into the dressing and makes it tender and a little bit creamy.
4. Toss and serve: Toss up the roasted tempeh, sweet potato, kale, and sauerkraut in a big bowl with any other extras that you like.

MEDITERRANEAN TEMPEH SHEET PAN ROAST

Notes:

This is a delicious Mediterranean Tempeh sheet pan roast by Elyse Emery of [@melua_wellness](#). It's tasty served over a bed of greens or your grain of choice and finished with fresh basil, sprouts, and fermented carrots. Tempeh is the star of this recipe, bringing complete plant protein and gut-friendly fermented goodness, two of the cornerstones of Elyse's MMM framework (eating for Microbes, Muscles & Metabolism).

Ingredients:

- 1 (8oz) Tooties Tempeh
- 1 bag (12 oz) mixed baby bell peppers, cut into 1" chunks
- 1 pint grape or cherry tomatoes
- 1 small red onion, cut into 1" chunks
- 1 can (15 oz) cannellini beans, drained and rinsed
- 2 TBSP garlic-infused olive oil
- 1 tsp fresh rosemary, coarsely chopped
- 1/4 tsp kosher salt + freshly ground black pepper
- 2 TBSP fresh basil, coarsely chopped (to finish)



Instructions:

1. Preheat oven to 450°F. Line a rimmed baking sheet with parchment paper.
2. Dice tempeh into 1" cubes.
3. Add tempeh, beans, peppers, tomatoes, onion, rosemary, salt, and several grinds of black pepper to a large bowl. Drizzle with garlic olive oil and toss gently to coat. Spread evenly on the prepared baking sheet.
4. Roast for 30 minutes, stirring halfway, until tempeh is golden and vegetables are tender and caramelized.
5. Spoon over whole grains or greens and top with fresh basil.

MISO AND SESAME CRUSTED TEMPEH

Notes:

Delish and healthy for you and good for our planet too!

Ingredients:

- 1 (8 oz) Tootie's Tempeh
- 2 TBSP miso paste
- 2 TBSP hot water
- 2 clove garlic, minced
- 2 tsp ginger, minced
- 4 tsp toasted sesame oil
- 4 tsp rice vinegar (or lime juice)
- 2 TBSP coconut aminos or tamari
- 3 TBSP black (or white) sesame seeds



Instructions:

1. Cut Tootie's Tempeh into whatever shape you like best.
2. Mix miso ingredients in a bowl and marinate tempeh for at least 15 min.
3. Dip into sesame seeds and pan-fry. (You can also bake or air fry)
4. Top with chopped chives or parsley and serve with rice and a veg. Black sesame seeds make this dish visually stunning.

OVEN BBQ TEMPEH

Notes:

Who doesn't love BBQ flavor, and here's one you can make year round that you bake in the oven by Hannah Meuse

Ingredients:

- 1 (8 oz) Tootie's Tempeh
- 1/4 cup organic brown sugar
- 1/4 cup Vinolio Cascadian Wild Raspberry White Balsamic Vinegar (or similar)
- 1/4 cup tamari
- 2 TBSP sesame seeds
- 2 cloves garlic, minced
- Freshly ground black pepper



Instructions:

1. Whisk all ingredients in a large bowl until sugar has dissolved.
2. Cut tempeh into 5 strips. Place strips in a shallow dish with marinade and toss evenly to coat. Cover and marinate in the refrigerator for a minimum of 2 hours.
3. Preheat oven to 400°F. Bake for 18-20 minutes, flipping halfway, until caramelized and dark brown.
4. Serve hot and enjoy!

PEANUT NOODLES WITH SPICY TEMPEH

Notes:

This recipe called for tofu but we swapped in tempeh - something you can always do for variety and the added protein, fiber, and benefits of fermentation.

Ingredients:

- 1 (8oz) Tootie's Tempeh
- 1/3 cup unsweetened peanut butter
- 1 TBSP light brown sugar or sweetener of choice (we used coconut sugar)
- 1 TBSP rice vinegar
- 2 TBSP soy or tamari sauce, divided
- 4 garlic cloves, finely grated, divided
- 1 TBSP grated ginger
- Salt
- 4 TBSP olive or avocado oil, divided
- 2 scallions, thinly sliced
- 2 tsp gochugaru (Korean red-pepper flakes) or 1 tsp crushed red pepper
- 8 oz. rice noodles
- Coarsely chopped cilantro and sesame seeds, for serving.



Instructions:

1. Bring a large pot of water to a boil.
2. Prepare the sauce: in a small bowl, stir together the peanut butter, brown sugar, and vinegar with 1 TBSP of the tamari, the ginger, and half the garlic; season to taste with salt and set aside. (The peanut butter mixture will turn into a thick paste.)
3. Heat a large skillet over low heat, then add 3 TBSP of the oil and raise the heat to medium-high. With your hands, crumble the tempeh into the pan in a single layer. Cook and stir for about 5 - 8 minutes until golden or dark brown.
4. Add the remaining oil, 1 TBSP tamari, the remaining garlic, scallions, and gochugaru and toss to coat. Lower the heat to medium and cook, stirring occasionally, until the scallions are softened. Turn the heat off and set the pan aside.
5. Cook the pasta according to package. Drain and reserve 1 cup of the pasta water, and return the cooked pasta to the pot. Add the reserved peanut butter mixture and about 3/4 cup of the pasta cooking water. Turn the heat on to low and stir the pasta with the sauce until the peanut sauce starts to melt and emulsify with the pasta cooking water and coats the pasta. If the pasta sauce seems too thick, add another splash of pasta cooking water to thin it out.
6. Divide the peanut noodles between two bowls; top with the tempeh crumble, chopped cilantro, and sesame seeds.

RAMEN WITH PAN FRIED TEMPEH

Notes:

It's always ramen season and this dish is especially comforting and packed with flavor and nutrition!

Ingredients:

- 1 (8 oz) Tootie's Tempeh, pan fried
- 64 oz mushroom broth
- 2 TBSP rice vinegar
- 2 TBSP mirin
- 3 TBSP white miso paste
- 1 TBSP tamari
- 4 TBSP extra-virgin olive oil
- Sea salt
- 8 oz dried ramen noodles
- 1 bunch scallions, thinly sliced
- Chili crisp, for serving
- Tamari, for serving
- Cilantro
- Lime wedges
- Possible seared vegetables to use: baby bok choy, shiitake mushrooms, squash,
- Possible fresh vegetables to use: julienned daikon radish and carrot, red onion, sugar snap peas



Instructions:

1. In a medium stock pot, heat up the mushroom broth. Season it with 1 TBSP rice vinegar, 1 TBSP mirin, 1 TBSP tamari, or more to taste.
2. Scoop ¼ cup of the broth into a small bowl and add the miso paste. Whisk until smooth, then stir the miso mixture into the remaining broth. Season to taste.
3. Meanwhile, heat 2 TBSP of the olive oil in a large lidded skillet over medium heat. Add whatever vegetables you've chosen to use and sear for 1 to 2 minutes, or until browned. Sprinkle with salt, about 2 tbs water, then toss and cover.
4. Cook until the vegetables are vibrant, about 1 minute. Remove from the pan and set aside.
5. Wipe out the pan and return it to the stove. Add the remaining 2 TBSP of olive oil and heat over medium heat. Break the tempeh into medium-sized chunks and add to the pan. Sprinkle it with salt to taste.
6. Let cook for 2 minutes without stirring, then toss and cook, stirring occasionally, for 5 more minutes, or until browned. Deglaze with 1 TBSP mirin and 1 TBSP rice vinegar. Set aside.
7. Cook the noodles according to the package instructions. Drain and divide among four bowls.
8. Pour in broth to cover.
9. Top with seared vegetables, tempeh, and fresh vegetables. Garnish with scallions, cilantro, and lime wedges. Serve with chili crisp and tamari.

SESAME GINGER TEMPEH

Notes:

Sharing a wonderful recipe from Rooted Heart Cafe & Apothecary in Buxton, Maine!

Ingredients:

- 1 (8 oz) Tootie's Tempeh, cubed into bite-sized pieces
- 2 TBSP ginger paste or grated ginger
- 3 cloves of garlic, minced
- 1 TBSP sesame oil
- 1 TBSP rice vinegar
- 4 TBSP soy sauce, tamari, or coconut aminos
- 3 TBSP maple syrup
- 1 TBSP cornstarch
- 1 TBSP nut butter
- 3 TBSP avocado oil
- 1 cup red, yellow, green and orange bell peppers, thin sliced



Instructions:

1. In a blender, combine the sauce ingredients: ginger, garlic, sesame oil, rice vinegar, soy sauce, maple syrup, cornstarch, and nut butter.
2. In a large skillet, heat 2 TBSP of olive oil over medium heat. Add the tempeh and cook for about 8 minutes, flipping every few minutes so that all sides are browned. Turn the heat to low and toss in 2 TBSP of the sauce and continue to cook until the tempeh is fully coated in the sauce and it has started to caramelize a bit. Remove to a clean plate and return the skillet to the heat.
3. Turn the heat back to medium, and add in the remaining TBSP of oil and toss in the sliced pepper. Cook for about 5 minutes. Add in a few TBSP of water and place a lid on the skillet to steam the veggies a bit until tender. About another 5 minutes.
4. Pour in the remaining sauce as well as the tempeh. Toss to coat everything and continue to cook until sauce thickens and everything is nicely coated in the sauce. Cook about 2-3 more minutes.
5. Serve in a bowl over rice or in a wrap. Enjoy!

SPICED CHICKPEA STEW WITH KALE & TEMPEH

Notes:

This stew is a big calcium boost packed with flavor using the power of kale & tempeh!

Ingredients:

- 1 (8 oz) Tootie's Tempeh (we used the curry seasoned), cut into bites
- 2 TBSP avocado oil (for the tempeh)
- 1/4 cup olive oil
- 4 garlic cloves, minced
- 1 large yellow onion, diced
- 1 (2-inch) piece ginger, finely chopped
- Salt and pepper
- 1 1/2 tsp ground turmeric, plus more for serving
- 1 tsp red-pepper flakes
- 2 (15 oz) cans chickpeas, drained and rinsed
- 2 (15 oz) cans full-fat coconut milk
- 2 cups vegetable broth
- 1 bunch kale, torn into bite-size pieces
- 1 cup mint leaves or cilantro
- vegan yogurt, for serving (optional)
- Toasted pita or other flatbread (optional)



Instructions:

1. In a skillet, sauté the tempeh in avocado oil til crispy. Set aside.
2. In a large pot, sauté garlic, onion & ginger in the olive oil. Add salt and pepper, and cook until onion is translucent and starts to brown a little on the edges, 3 to 5 minutes.
3. Add the turmeric, red-pepper flakes, chickpeas, and season with salt and pepper. Cook, stirring frequently, so the chickpeas sizzle and fry a bit in the spices and oil, until they've started to break down and get a little browned, 8 to 10 minutes.
4. Remove about a cup of chickpeas and set aside for garnish.
5. Using a wooden spoon or fork, further crush the remaining chickpeas slightly to release their starchy insides (this will help thicken the stew).
6. Add the coconut milk and veggie broth, and season with salt and pepper.
7. Bring to a simmer, stirring occasionally, until the stew has thickened, 30-35 minutes.
8. Add greens and stir, making sure they're submerged in the liquid. Cook until they wilt and soften, around 5 minutes.
9. Add the tempeh back in and cook for another 2 minutes. Season again with salt and pepper.
10. Divide among bowls and top with mint or cilantro, reserved chickpeas, a drizzle of olive oil and yogurt, dusted with turmeric, with toasted pita or preferred bread on the side. Enjoy!

SPICY CHILI GARLIC ASPARAGUS WITH TEMPEH

Notes:

We are happy to share a recipe from our intern Sara Tran who created a delicious Spicy Chili Garlic Asparagus With Tempeh

Ingredients:

- 1 (8 oz) Tootie's Tempeh,
- 1 TBSP neutral oil like avocado or olive oil
- ¾ lb. asparagus spears, cut into 2" pieces
- 2 medium garlic cloves, minced
- 1-inch piece of ginger, peeled and minced (about 1 TBSP) - (optional, I don't like ginger so I won't add in but if you like ginger, feel free to add in)
- 2 TBSP soy sauce
- Chili garlic sauce
- 1 TBSP sesame oil
- 1 TBSP lime juice (*lemon also works)
- Scallions for serving.



Instructions:

1. Using your hands, crumble the tempeh into chickpea-sized bits. Place all the crumbled tempeh into a skillet with the avocado oil and the peppers, raise the heat to medium-high, and cook until the tempeh is golden and the peppers are just starting to soften, about 3–5 minutes.
2. Heat the remaining half of the sesame oil in the same pan. Add garlic and asparagus. Stir-fry until asparagus is just tender (3 minutes).
3. Meanwhile, in a medium bowl, add the garlic, 2 TBSP of soy sauce, 1 TBSP of chili garlic sauce, sesame oil, and lime juice.
4. Add the sauce to the pan and toss it all together.
5. Garnish with scallions. Enjoy! Chúc Ngon Miệng!

SPICY TEMPEH PEANUT UDON NOODLES

Notes:

People will go in for seconds on this one!

Ingredients:

- 1 (8 oz) Tootie's Tempeh
- 1 TBSP neutral oil like avocado or olive oil
- 1 red or green bell pepper, cut into thin strips
- 3 cups (about 1/4 medium head) sliced napa cabbage (You can use bok choy or curly kale as well)
- 2 medium garlic cloves, minced
- 1-inch piece of ginger, peeled and minced
- 1/4 cup peanut butter
- 2 TBSP soy sauce or tamari
- Chili garlic sauce
- 1 TBSP sesame oil
- 1 TBSP lime juice (lemon also works)
- One package fresh udon noodles
- Scallions and sesame seeds, for serving



Instructions:

1. Using your hands, crumble the tempeh into chickpea-sized bits. Place all the crumbled tempeh into a skillet with the avocado oil and the peppers, raise the heat to medium-high, and cook until the tempeh is golden and the peppers are just starting to soften, about 3 - 5 minutes.
2. Then add the cabbage with a pinch of salt, and cook until everything is nicely browned, 8 to 10 minutes more. For proper browning, resist the urge to stir the mixture more than 2-3 times.
3. Meanwhile, in a medium bowl, add the garlic with 1/4 cup peanut butter, 2 TBSP soy sauce, 1 TBSP chili garlic sauce, sesame oil, and lime juice. Stir into a paste. Add water to thin if needed.
4. Add the hot noodles to the skillet with the vegetables, along with the sauce, and toss it all together. Garnish with scallions and sesame seeds.

STICKY GINGER TEMPEH WITH COCONUT RICE

Notes:

A delightfully satisfying recipe using our curry-seasoned tempeh!

Ingredients:

For the Coconut Rice

- 1 cup full-fat coconut milk
- 1 cup water
- 1 tsp coconut palm sugar
- sea salt, to taste
- 1 cup brown basmati rice, thoroughly rinsed
- 1/2 tsp lime zest
- 1 tsp lime juice

For the tempeh

- 1 (8 oz) Tootie's Tempeh Curry Seasoned, crumbled
- 1/4 cup low sodium tamari
- 3 TBSP coconut sugar or equivalent
- 1 TBSP hot sauce of choice
- 1 tsp lime juice
- 1 TBSP avocado oil
- Salt and pepper, to taste
- 2 inches fresh ginger, peeled and minced
- 1 clove of garlic, finely minced
- 2 green onions, thinly sliced



Instructions:

1. For the coconut rice: In a medium saucepan over medium-high heat, combine the coconut milk, water, coconut sugar, and salt. Bring to a boil, stirring a few times to dissolve the sugar. Add the rinsed brown basmati rice to the saucepan and stir. Bring to a boil, lower the heat to a simmer, and then cover the saucepan with a lid. Simmer for about 40 minutes. Turn off the heat. Add the lime zest and juice to the coconut rice and fluff/lightly stir with a fork.
2. For the tempeh: In a small bowl, whisk together the tamari, coconut sugar, hot sauce, and lime juice. Set aside. Saute the tempeh in the avocado oil in a skillet until the pieces are lightly browned, about 3-4 minutes. Add the ginger and garlic to the skillet and stir until fragrant, about 30 seconds.
3. Pour the tamari mixture into the skillet and stir frequently. Keep cooking the tempeh until the sauce has caramelized slightly and turned deeper brown. Adjust seasonings if necessary (more salt, pepper, hot sauce, lime, etc).
4. Serve over the coconut rice with sliced green onions and veggies of choice.

TEMPEH AND BABA GANOUSH

Notes:

This week we share a recipe for Baba Ganoush topped with crispy tempeh and it was incredibly delicious!

Ingredients:

- 2 large eggplants
- 1/4 cup tahini
- 3 TBSP lemon juice
- 1-2 cloves garlic, minced
- 1/4 tsp smoked paprika
- Salt and black pepper to taste

For the Crispy Tempeh Topping

- 1/2 (4 oz) Tootie's Tempeh, crumbled
- 1/4 cup thin sliced red onion
- 1 TBSP avocado oil
- 1 tsp tomato paste
- 1 tsp tamari or soy sauce
- 1/2 tsp cumin
- 1/4 tsp chili flakes or chili crisp (optional)



Instructions:

1. Preheat your oven to 400°F.
2. Pierce the eggplants a few times with a fork and rub olive oil on the cut side, then roast with the cut side face down for 35-45 minutes until the flesh is completely soft.
3. Let them cool slightly, then scoop out the flesh and drain off any excess liquid.
4. Make the Baba Ganoush: Combine the eggplant flesh, tahini, lemon juice, garlic, and smoked paprika in a bowl. Use an immersion blender or mash until smooth and creamy, then season with salt and pepper.
5. Cook the Tempeh: Heat your oil in a skillet over medium heat. Add the crumbled tempeh and onion and sauté until they begin to brown and turn crispy.
6. Stir in the tomato paste, tamari, cumin, and chili flakes. Continue to stir-fry for another 3-5 minutes until the tempeh is deeply flavorful.
7. Assemble: Spread the baba ganoush onto a shallow plate or bowl with rice.
8. Top with the warm, crispy tempeh crumbles, a garnish of fresh parsley, and then add your favorite veggies.
9. We used cauliflower, red cabbage, tomatoes, scallions, pickles, Greek olives, but forgot the avocado slices!

TEMPEH AND BBQ KALE TACOS

Notes:

Here is an easy Tempeh starter recipe! A simple, savory, and satisfying one!

Ingredients:

- 1 (8 oz) Tootie's Tempeh, cut into little cubes
- 1 1/2 TBSP avocado oil
- 1/2 red onion
- 1 1/2 cup kale, cut up
- 1 cup shredded cabbage
- 1 tomato, diced
- 6 corn tortillas (we love [@tortilleriapachanga](#))
- 1/2 cup Chipotle Mayo (we like the Just brand)
- 1 avocado, sliced
- 1 cup BBQ sauce (we used Primal Kitchen brand)



Instructions:

1. Saute the tempeh cubes and red onion in the avocado oil until starting to brown, then add the kale and BBQ sauce. Cook together until everything is covered with sauce and nicely browned/cooked.
2. Warm the tortillas and spread the chipotle mayo onto the tortillas. Assemble with tempeh/onion/kale, then avocado slices, then tomato, then cabbage (or use whatever veggies you like).
3. Top with a dollop of the chipotle mayo. Cilantro and scallions are nice too (optional).

TEMPEH BOLOGNESE

Notes:

Who doesn't love a great spaghetti sauce, and this one with tempeh is sure to please!

Ingredients:

- 1 (8 oz) Tootie's Tempeh
- 5 TBSP olive oil
- Salt
- Pepper
- 1 onion, chopped
- 1 carrot, chopped or shredded
- 10 oz mushrooms, any type, chopped
- 3 cloves garlic, minced
- 1 tsp oregano
- 1/4 tsp nutmeg
- 1 cup dry red wine (optional)
- 28 oz. diced or crushed tomatoes (or more if you like it more tomato-ey)
- 1 lb pasta, spaghetti or other
- Basil, carrot shavings for garnish



Instructions:

1. Sauté tempeh in 3 TBSP of olive oil and season with salt and pepper, and fry until crispy. Set tempeh aside.
2. Sauté the onion, carrot, and mushrooms in the remaining 2 TBSP of olive oil until the vegetables are soft.
3. Add the garlic, oregano, and nutmeg and stir until combined. Then add the wine, if desired, and simmer until the wine has evaporated.
4. Now add the tempeh and the tomatoes to the pan, cover, and simmer for about 25 minutes, stirring from time to time.
5. While that is simmering, cook the pasta according to the package directions. Drain.
6. Combine the pasta with the sauce. Garnish with basil, carrots, and/or parsley. Top with some vegan parmesan cheese!

TEMPEH, CAULIFLOWER, AND CHEESE STUFFED PEPPERS

Notes:

The perfect stuffing for peppers!

Ingredients:

For the Tempeh & Peppers

- 1 (8oz) Tootie's Tempeh, marinated in bacon marinade (see tempeh bacon recipe pg. 32 or 139) for at least 30 minutes, then crumble it.
- 4 peppers cored and cut in half, then placed face down on a greased baking sheet (or parchment paper).

For the Sauce

- 1/2 stick vegan butter
- 1/2 cup all-purpose flour
- 1 1/2 cups plant-based milk
- 1/2 cup grated vegan cheddar cheese (one that melts well. We like Chao)
- 2 TBSP nutritional yeast
- 1/2 a head of blanched cauliflower (cut into bite size pieces) or 2 cups of frozen cauliflower florets



Instructions:

1. Preheat oven to 415°F
2. Melt the butter in a saucepan over medium heat, add the flour, and with a spoon, mix it into a paste.
3. Add the milk about a TBSP at a time, stirring each TBSP until combined. Once all the milk is added, continuously stir the sauce until it's thickened (10-15 minutes).
4. Once you turn the heat off, fold in the grated cheese, blanched cauliflower pieces, nutritional yeast, and crumbled tempeh. Top with some breadcrumbs and chunks or crumbles of the marinated tempeh.
5. At 415°F degrees, bake the peppers for 25-30 minutes. The peppers should be lightly charred. Serve with roasted potatoes or whatever else you dream up!

TEMPEH CHILI CRISP OVER FRIED RICE

Notes:

We made chili crisp with tempeh that is a party of texture and flavors!

Ingredients:

- 1 (8 oz) Tootie's Tempeh
- 1/2 cup avocado oil
- 1 large shallots
- 4-5 cloves garlic
- 1/4 cup Chinese red chili flakes (or korean chili flakes or if you just have red pepper flakes cut the quantity in half)
- Pinch of salt
- 1 1/2 tsp coconut sugar (or equivalent)
- 1 1/2 tsp tamari
- 1 TBSP toasted sesame seeds



Instructions:

1. Thinly dice garlic and shallots, and crumble the tempeh so it's mostly just small beans.
2. Pour the oil into a saucepan, then add your garlic, shallots, and tempeh. Turn up the heat to med-high and continue to stir until they start to brown. After 5 minutes, add the red chili flakes, sugar, and salt.
3. Keep cooking for another 10-20 minutes, depending on temperature. You want it to have a nice char but not black.
4. Add the tamari and toasted sesame seeds, and serve as a topping over rice (plain or with sautéed veggies). Sprinkle with scallions. Enjoy!

TEMPEH CRUMBLE WITH LEMONGRASS AND SESAME NOODLES

Notes:

Our past summer our intern, Sara Tran, shared a delicious Vietnamese fusion recipe!

Ingredients:

- 1 (8 oz) Tootie's Tempeh, crumbled
- 2 cloves of garlic, minced
- 1/2 inch ginger, minced
- 1/3 cup finely chopped green onion, (white parts)
- 3 1/2 TBSP soy sauce or tamari
- 1 1/2 TBSP maple syrup
- 1/3 cup water
- 1 tsp sesame oil (or vegetable oil/olive oil)

Sesame Noodles

- 8 oz rice noodles, pad thai noodles, or stir fry rice noodles
- 2 TBSP soy sauce or tamari
- 2 tsp rice vinegar (or lemon juice)
- 1 tsp or more sesame oil
- 1/4 cup green onions (green parts)
- Black pepper or pepper flakes & sesame seeds for garnish



Instructions:

1. Crumble tempeh in a bowl.
2. Add the rest of the ingredients, except sesame oil, and mix well to combine.
3. Chill for at least 15 minutes or a couple of hours.
4. Heat a skillet over medium heat. Add 1 tsp sesame oil.
5. Add the tempeh with the marinade and cook over medium high heat until all the marinade is absorbed and some of the tempeh edges get roasted. Press and break the larger pieces during cooking to make an even crumble. 7-10 minutes. Remove from the skillet. Cook the noodles according to packaging instructions and set aside.
6. Add the cooked noodles to the tempeh skillet. Add soy sauce, rice vinegar, and sesame oil. (Add 1/4 tsp garlic powder and salt for additional flavor if needed. Add in 2 TBSP smooth peanut or almond butter for creamy sesame noodles).
7. Toss well over medium heat to heat through. If the noodles are drying up, add some lime juice or broth. Add blanched veggies or pickled veggies on the side.
8. Garnish with chopped green onion, black pepper, sesame seeds, or toasted peanuts. Drizzle some lime juice or sriracha if needed and serve immediately.

TEMPEH CURRY STEW

Notes:

This is a wonderful and hearty tempeh curry stew to set things right with the world (we wish!).

Ingredients:

- 1 (8oz) Tootie's Curry Seasoned Tempeh, cubed
- 2 TBSP avocado oil
- 1 red pepper, cubed
- 3 cloves garlic, minced
- 1 inch ginger, minced
- 1 onion, chopped
- 1 cauliflower, broken into florets
- 2 medium carrots, chopped
- 1 stick celery, chopped
- 2 small-medium potatoes, cubed
- Handful of spinach
- 1 can coconut milk
- 3/4 cup vegan yogurt (we used Cocolune)
- 3/4 cup vegetable broth
- 2 TBSP curry powder
- 1 tsp turmeric
- 1 tsp cumin
- 1 tsp crushed pepper
- Salt & Pepper
- 1/2 cup cilantro, chopped (for garnish)



Instructions:

1. In a tall saucepan, heat 1 TBSP oil and sauté the curry tempeh until golden brown, flipping often.
2. Remove the tempeh from the pan and set aside.
3. Add 1 TBSP more oil to the pan and sauté the onion for 1 minute, then add the garlic and ginger till flavorful.
4. Add all the carrots and celery and saute for 5 to 7 minutes till starting to get soft.
5. Add the spices and cook another minute or so.
6. Add the coconut milk, yogurt, vegetable broth, cauliflower, potatoes, salt, and pepper.
7. Cover and simmer on low until cauliflower and potatoes are cooked.
8. Add the tempeh and spinach and cover for another 5 to 10 minutes. Serve in bowls and garnish with cilantro.

TEMPEH "FISH" STICKS

Notes:

We tempeh-ized a classic: fish sticks! The creator of this recipe, Kate Musser, says they are a must try!

Ingredients:

Marinade

- 2 (16 oz) Tootie's Tempeh
- 1 TBSP miso
- 2 TBSP apple cider vinegar or rice vinegar
- 1 1/2 tsp tamari
- 1 TBSP mirin
- 1 cup vegetable stock
- 1 TBSP nutritional yeast
- 1 sheet nori, finely chopped
- Salt and pepper to taste
- Panko (seasoned is best)
- Flour
- Non-dairy milk
- Oil for frying

Tartar Sauce

- 1 cup vegan mayo (homemade OR store bought)
- 1 cup finely chopped dill pickles
- 2 TBSP fresh dill, chopped
- 2 tsp fresh lemon juice



Instructions:

1. In a small bowl, combine the marinade ingredients and whisk together.
2. Place whole tempeh cakes in a Ziploc bag or bowl and pour the marinade over. Close/cover and let the tempeh marinate for at least 3 hours. Overnight is best if possible.
3. After tempeh has been marinated, remove from the bag and cut into 1-inch strips. Using the standard breading process (flour, milk, panko), bread the tempeh strips.
4. You can air fry the tempeh, or you can pan fry. If pan frying: in a small pot over medium heat, add ~1 cup of oil and let it come up to temperature.
5. Fry the tempeh in small batches. Place on a cooling rack to drip off excess oil and slightly cool.
6. Make the tartar sauce by combining all ingredients in a bowl and stirring until combined.
7. Enjoy!!

TEMPEH "FISH" TACOS

Notes:

These are the best "fish" tacos in the world!

Ingredients:

Marinade

- 2 (16 oz) Tootie's Tempeh
- 1 TBSP miso
- 2 TBSP apple cider vinegar or rice vinegar
- 1 1/2 tsp tamari
- 1 TBSP mirin
- 1 cup vegetable stock
- 1 TBSP nutritional yeast
- 1 sheet of nori, finely chopped
- Salt and pepper to taste

For the Beer Batter

- 1 tsp salt
- 1/2 tsp black pepper
- 1 cup all purpose flour
- 1 TBSP garlic powder
- 1 TBSP garlic powder
- 1 TBSP paprika
- 2 tsp seasoned salt
- 2 TBSP cold water
- 1 1/3 cups beer



Instructions:

1. In a small bowl, combine the marinade ingredients and whisk together.
2. Place whole tempeh cakes in a Ziploc bag or bowl and pour marinade over. Close/cover and let the tempeh marinate for at least 3 hours. Overnight is best if possible.
3. Add oil to a large, heavy-bottomed pot or deep fryer til it's about 2-3 inches deep. Heat oil to 375°F.
4. To make the beer batter, whisk together the flour, garlic powder, paprika, and seasoned salt. Gradually whisk in the beer and water until the batter forms and is no longer lumpy.
5. Quickly dip the tempeh "fish" one piece at a time into the batter, then place in the hot oil. Cook for 3-4 minutes, or until nice and golden brown.
6. Assemble the tacos with your favorite corn tortillas. Garnish with your favorite slaw and tartar sauce. (Pictured here is a kale slaw with mango and pineapple and topped with a zesty tartar sauce). Enjoy!

TEMPEH GNOCCHI

Notes:

This dish is soft and so fresh tasting, melts in your mouth and boosts the protein of normal gnocchi by 4x!

Ingredients:

- 1 (8 oz) Tootie's Tempeh
- 1/3 cup all purpose (or gluten free) flour plus more for rolling out the gnocchi
- 2 TBSP nutritional yeast
- 1/4 tsp salt
- 18 oz Tomato Basil Pasta Sauce
- Optional: 3/4 cup left over mashed potatoes (only if you have them), vegan parmesan (or nutritional yeast), fresh basil leaves.



Instructions:

1. Crumble tempeh into a food processor or blender. Blend until smooth.
2. Add in flour, nutritional yeast, salt, and pepper (and leftover potatoes if you have them) and blend again until combined. The dough might be a bit sticky, but you will be adding more flour as you roll it out.
3. On a floured surface, transfer dough and form into 4 small balls. Add extra flour to your hands if needed. Roll each ball into 3/4 to 1 inch ropes and cut into 1 to 1.5 inch pieces.
4. Set gnocchi to the side and begin to boil your water. Add salt to the water.
5. Add tomato basil sauce into a large saucepan and heat on low heat, stirring occasionally.
6. Gently add gnocchi to boiling water and cook for 2-3 minutes or until the gnocchi floats to the top. Either use a strainer or a slotted spoon to gently remove cooked gnocchi.
7. Add the cooked gnocchi to the sauce in the large saucepan and gently stir.
8. Serve and top with optional vegan parmesan cheese, fresh basil leaves, chili flakes, and fresh black pepper. Enjoy and eat right away!

TEMPEH KIMCHI SOUP

Notes:

If you love Kimchi then this one's for you - Tempeh Kimchi Soup. Amazingly tasty and savory pairing of these fermented delights. Tempeh Kimchi Soup.

Ingredients:

- 1 (8 oz) Tootie's Tempeh
- 1 TBSP vegetable oil (for vegetables)
- 1 TBSP vegetable oil (for tempeh) we like avocado oil
- 6 scallions, white and pale-green parts chopped, dark-green parts reserved
- 4 garlic cloves, thinly sliced
- 1-inch piece ginger, peeled, finely chopped
- 4 cups low-sodium vegetable broth
- 3 TBSP Korean hot pepper paste (or similar hot sauce)
- 3 TBSP tamari
- 1 small daikon, peeled, sliced
- 3/4 cup kimchi (we like Gracie's Kitchen anchovy-free Kimchi)
- 1/2 cup fresh cilantro leaves



Instructions:

1. Cut tempeh into 1/4 inch thin strips, then cut the strips into smaller bite-sized sections. Heat oil for tempeh in a skillet and saute till brown and slightly crispy on both sides. Set aside.
2. Heat the remaining vegetable oil in a large saucepan over medium-high heat. Add white and pale-green scallions, garlic, and ginger, stirring often, until softened and fragrant, about 4 minutes. Add broth, then stir in gochujang and tamari. Add daikon and gently simmer until daikon is tender, 15–20 minutes.
3. Add kimchi. Simmer at a low boil for 5 minutes, then add tempeh. Let sit for 2 minutes and stir. Divide among bowls and scatter scallion tops and cilantro on top. Incredibly delicious!!

TEMPEH LASAGNA

Notes:

You can't go wrong with this crowd-pleasing high protein lasagna!

Ingredients:

For tofu ricotta

- 1 cup raw cashews
- 14.5 ounce extra firm tofu patted dry (we like Heiwa)
- 1/2 cup nutritional yeast
- 3 TBSP fresh lemon juice
- 1/2 TBSP miso paste
- 1 tsp salt
- 1 tsp dried basil
- 1 tsp oregano
- 1/2 tsp garlic powder

For the filling

- 1 (8 oz) Tootie's Tempeh, crumbled
- 1 TBSP olive oil
- 3 cups baby spinach
- 2 jars of your favorite marinara sauce
- 1 box lasagna noodles (about 12 noodles)
- 2-3 cups shredded vegan mozzarella
- Fresh basil



Instructions:

1. Preheat the oven to 350°F.
2. Make the Tofu Ricotta: Add the cashews to a food processor and process until fine and crumbly. Then add the tofu in chunks, nutritional yeast, lemon juice, miso, salt, basil, oregano, and garlic powder to the food processor. Pulse until well combined and pretty smooth. If it's too thick, add a few TBSP of water to blend. Set aside.
3. Cook the noodles according to the package directions. You want them al dente.
4. In a medium pan, sauté the tempeh for 5-8 minutes. Add in the marinara and stir to combine. Salt and pepper to taste.
5. Assembling the lasagna: Add about 1 cup of tempeh marinara to the bottom of a large 9×13-inch casserole dish. Spread it around evenly. Next, add 4-5 lasagna noodles. Spread half of the ricotta on top of the noodles. Top with half of the spinach. Sprinkle with some of the mozzarella. Add about 1 cup of the marinara sauce over the mozzarella, then place 4-5 lasagna noodles on top. Spread the rest of the ricotta over the noodles, then the rest of the spinach and a sprinkle of some more cheese. Place 4-5 more noodles on top of the spinach, and then pour the rest of the sauce over the top, evenly.
6. Cover tightly with foil and bake for 25-30 minutes.
7. After 40 minutes, remove the foil and sprinkle the remaining mozzarella all over. Place the lasagna back in the oven and bake for 20 more minutes, uncovered. Remove from the oven, garnish with basil, and let cool for at least 15 minutes before serving. Party time!

TEMPEH MEATBALLS (GREAT BALLS OF TEMPEH)

Notes:

These are the absolute BEST and a crowd-pleaser - worth the effort!

Ingredients:

- 1 (8 oz) Tootie's Tempeh
- 1 cup water
- 2 TBSP tamari
- 2 TBSP Ketchup
- 1/2 tsp mustard
- 1/2 tsp oregano
- 1/2 tsp thyme
- Salt & pepper
- 1/3 cup finely diced onion
- 1 large clove garlic (or powder equivalent)
- 1/2 cup bread crumbs
- 1/4 cup finely chopped nuts (walnuts or pine nuts) optional
- Olive oil for cooking



Instructions:

1. Crumble the tempeh with your hands, then boil it in the water and tamari for 10 min, drain well, and let cool.
2. When cooled, put tempeh in a bowl and add all the rest of the ingredients. Mix them well, then form the meatballs with your hands - and don't be shy about forming them by packing them hard - helps to keep them together.
3. Coat a pan in olive oil and place the balls in one at a time, coating them in the oil, and sauté until browned, rotating them so they cook evenly.
4. Alternatively, you can bake them in the oven at 375°F for 20 minutes or so, turning at least once.
5. Serve however you like - on top of spaghetti or stand-alone. Enjoy!

TEMPEH MISO STUFFED ACORN SQUASH

Notes:

A savory crowd pleaser!

Ingredients:

For the filling

- 1 (8oz) Tootie's Tempeh, crumbled
- 2 medium Acorn Squash, cut in half
- 12 oz Mushrooms of choice, diced
- 3 cups Kale, chopped
- 1/2 medium Onion, chopped
- 4 cloves of Garlic, minced
- 2" knob of Ginger, peeled and minced
- 1 1/2 TBSP Miso Paste, dissolved in 2/3 cup water
- 2 TBSP Mirin or sweet wine or sherry
- 1 TBSP Rice Vinegar
- 2 tsp Tamari or soy sauce
- 2 TBSP Avocado Oil
- 1 1/2 TBSP Vegan Butter
- Salt & Pepper to taste

For the miso sauce

- 2 tsp Miso Paste
- 2 tsp Chili Oil
- 1 TBSP Vegan Butter
- 1-2 tsp Maple Syrup



Instructions:

1. Cut the squash in half lengthwise. Scrape out the seeds and any stringy pieces. Lightly oil the inside and season with salt & pepper. Bake at 400F for 40 - 45 minutes or until you can easily pierce it with a fork.
2. While the squash halves are baking, start on the filling. In a large pan on medium-low heat, melt the vegan butter.
3. Sauté the onions for 3-5 minutes, then add in the garlic and ginger and continue cooking for about 2 minutes or until fragrant.
4. Add in the chopped mushrooms and cook until they become soft. Then add in the crumbled tempeh and cook for another 5-8 minutes.
5. Add in the chopped kale and cook until wilted.
6. Add in the mirin and rice vinegar and cook for a couple of minutes.
7. Season with salt & pepper and finally, add in the miso broth. Allow everything to cook for another 5-8 minutes or until most of the liquid has been absorbed but not dry.
8. Remove squash from the oven and stuff them with the filling. Pop them back in the oven to bake for another 10 minutes or until heated through.
9. Combine all the ingredients to make the miso chili sauce. Heat until melted and mix well.
10. Serve the squash immediately with a drizzle of the miso chili butter sauce on top.

TEMPEH PEANUT SATAY

Notes:

Savory favorite that's packed with bold peanut flavor and perfect for busy weeknights.

Ingredients:

- 1 (8 oz) Tootie's Tempeh
- 1 cup water
- 2 TBSP tamari
- 2 TBSP Ketchup
- 1/2 tsp mustard
- 1/2 tsp oregano
- 1/2 tsp thyme
- Salt & pepper
- 1/3 cup finely diced onion
- 1 large clove garlic (or powder equivalent)
- 1/2 cup bread crumbs
- 1/4 cup finely chopped nuts (walnuts or pine nuts) optional
- Olive oil for cooking



Instructions:

1. Crumble the tempeh with your hands, then boil it in the water and tamari for 10 min, drain well, and let cool.
2. When cooled, put tempeh in a bowl and add all the rest of the ingredients. Mix them together well, then form the meatballs with your hands - and don't be shy about forming them by packing them hard - helps to keep them together.
3. Coat a pan in olive oil and place the balls in one at a time, coating them in the oil, and sauté until browned, rotating them so they cook evenly.
4. Alternatively, you can bake them in the oven at 375°F for 20 minutes or so, turning at least once.
5. Serve however you like - on top of spaghetti or stand-alone. Enjoy!

TEMPEH PUTTANESCA

Notes:

Happy spring and happy #tempehtuesday friends! As the soil warms and fresh asparagus makes its way through the earth we celebrate the beginning of spring with this dish of tempeh and asparagus puttanesca.

Ingredients:

- 1 (8oz) Tootie's Tempeh , cut into rectangles or squares
- 1/4 cup flour
- 2 tsp salt
- 1 tsp garlic powder
- 1/4 cup olive oil
- 1 TBSP butter
- 2 large cloves of garlic, minced
- One bunch of asparagus, cut into 1 inch pieces
- 1/4 cup lemon juice
- 1/2 cup of kalamata olives, roughly chopped
- 1 tsp red pepper flakes
- 1/2 cup vegetable stock
- 1/2 cup tomato puree
- 1/2 cup fresh tomatoes, chopped
- 1/2 box of linguine, cooked per the instructions on the box
- 1 TBSP fresh parsley, minced



Instructions:

1. In a bowl, combine the flour, salt, and garlic powder
2. Dredge the tempeh pieces in the flour mixture
3. In a medium saucepan, on high heat, add the olive oil and brown the tempeh 3-5 minutes per side. Add the butter when you flip the tempeh onto the second side. Reserve the tempeh on a plate
4. On medium-high heat, sauté the garlic and asparagus for 6 minutes
5. Add the lemon juice, kalamata olives, red pepper flakes, veggie stock, fresh tomatoes, and tomato puree. Simmer for 5 minutes.
6. Add the tempeh to the sauce and simmer for 5 more minutes
7. Serve the tempeh and the sauce over cooked pasta. Garnish with the fresh parsley. Enjoy!

TEMPEH SAUERKRAUT SOUP

Notes:

Inspired by Natasha Kravchuk:
Tempeh Sauerkraut Soup

Ingredients:

- 1 (8 oz) Tootie's Tempeh, sliced like bacon

Tempeh Marinade

- 3 TBSP soy sauce
- 1 TBSP liquid smoke
- 1 TBSP maple syrup
- 1 TBSP olive oil
- 1 TBSP nutritional yeast
- 1/4 tsp smoked paprika
- 1/8 tsp ground black pepper
- 1 tsp salt
- 1 TBSP olive oil
- 1 stick celery, finely diced
- 1 medium onion, finely diced
- 2 medium carrots, thinly sliced
- 3 medium potatoes, chopped
- 1/4 cup quinoa, or your favorite grain - optional
- 2-3 cups sauerkraut, with all the liquid
- 8 cups vegetable stock
- 1 (15 oz) can white beans
- 1 bay leaf
- 1 TBSP liquid smoke
- Salt, Pepper



Instructions:

1. Place sliced tempeh in a Ziploc bag and combine the marinade ingredients directly into the bag. Toss gently to coat and set aside to marinate while preparing the other ingredients.
2. Heat 1 TBSP oil in a large soup pot or Dutch oven. Add marinated tempeh and sauté until browned like bacon. Place in a small bowl and set aside.
3. To the pot, add 1 TBSP water to deglaze the pot. Then add celery and onion. Sauté until aromatic. Add carrots, potatoes, quinoa (if using), and the broth. Bring to a boil, then reduce heat and simmer for 15 min. Add sauerkraut and cooked tempeh bacon, white beans with their juice, and 1 bay leaf, and continue to cook until potatoes are tender, about 10 min. Season soup to taste. Serve with fresh crusty bread.

TEMPEH SCAMPI

Notes:

This is one of the best meals we've had in a long time!

Ingredients:

Marinade

- 1/2 cup rice vinegar
- 1/4 cup Mirin
- 1/2 cup capers and caper juice
- 1 TBSP Kelp powder/granules
- 1 TBSP garlic powder
- Scampi ingredients:
- 8 to 10 ounces spaghetti or linguine
- 1 medium zucchini, sliced 1/4 inch, then halved or asparagus, cut into 1 inch bites
- 2 TBSP vegan butter
- 1 small onion or shallot, finely chopped
- 4 cloves garlic, minced
- 1 8 oz packet Tootie's Tempeh, cut into 1/2 inch strips, then in thirds (to resemble the size and thickness of shrimp)
- 1 TBSP avocado oil (for the sauteing the tempeh)
- Juice of 1/2 to 1 lemon, to taste
- 1/2 medium sized tomato, diced
- 1/2 cup dry white wine
- 1/4 to 1/2 cup chopped fresh parsley
- Salt and freshly ground pepper to taste



Instructions:

1. Combine all the marinade ingredients in a bowl and marinate the tempeh pieces for at least 15 min, longer if you can.
2. Cook the pasta and add in the zucchini or asparagus pieces towards the end so they are both done at the same time, then drain.
3. Heat the vegan butter in a medium skillet. Add the shallot and sauté until translucent. Add the garlic and continue to sauté until both are golden.
4. Heat the avocado oil in a separate skillet. Add the tempeh and sauté over medium heat until golden brown on both sides.
5. Add the marinade to the onion and garlic mixture. Mix in well, then add the tomatoes, lemon, wine, and parsley. Turn the heat up and cook for a few minutes, then add the tempeh and heat until everything is nice and hot. If it gets too thick, add more white wine.
6. Combine the pasta and zucchini into a large bowl and add the tempeh scampi and mix well. Add salt and pepper to taste, garnish with parsley, sprinkle with nutritional yeast, and serve at once.

TEMPEH SCHNITZEL

Notes:

Here's Kate Musser's take on a Bavarian classic, Tempeh Schnitzel. You can veganize any animal protein recipe! It's sure to be a crowd pleaser and so nutritious!

Ingredients:

- 1 (8oz) Tootie's Curry Seasoned Tempeh, cut in half horizontally (Traditional works too)
- 1/4 cup flour
- 1/4 cup plant milk
- 1 cup Panko breadcrumbs
- 1 cup oil, for frying
- Salt and pepper, to season the Panko

White Bean Cream Sauce

- 1 TBSP oil
- 1 medium onion, chopped
- 2 cloves garlic, crushed
- 1 can white beans, undrained
- 2 TBSP nutritional yeast
- 1/4 vegetable stock
- 1/4 cup white wine
- 2 TBSP plant butter
- 2 sprigs fresh thyme
- Pinch of nutmeg, optional
- Salt and pepper to taste



Instructions:

1. Cut tempeh and bread it using the standard breading procedure (we used plant milk). Set aside.
2. In a medium saucepan, add 1 TBSP oil over medium heat. Add chopped onions and crushed garlic. Toss in fresh thyme. Sauté till tender. Deglaze with 1/4 cup white wine. Add beans, vegetable stock, and nutritional yeast. Let simmer for 5 minutes. Dump into a blender and blend until smooth. Season to taste. Drop in plant butter and emulsify. Return to the saucepan. At this point, you can add in any sautéed vegetables. Baby Bella mushrooms were used in the one shown.
3. Prepare to fry the tempeh. Heat 1 cup oil in a deep saucepan. Once hot, fry tempeh until golden brown on both sides. Let rest for about a minute. Slice up the tempeh and serve over cream sauce.
4. Serve with traditional side dishes such as braised red cabbage and apples or potato dumplings.

TEMPEH SLOPPY JOES

Notes:

Today a quick and easy family meal that everyone will love!

Ingredients:

- 2 (16 oz) Tootie's Tempeh
- 2 TBSP olive oil, extra virgin
- 4-6 cloves garlic, chopped
- 1 small onion, diced
- 1/2 cup veggie broth , or water
- 6 TBSP tomato paste
- 1/3 cup apple cider vinegar
- 3 TBSP liquid aminos, tamari or soy sauce
- 3 TBSP maple syrup
- 1-2 tsp chili powder
- black pepper to taste
- 1 cup greens (kale, spinach or parsley), finely chopped — optional
- Serving suggestions: serve on buns with mustard, vegan mayo, pickles, and coleslaw.



Instructions:

1. Warm a skillet over high heat.
2. Add the oil, garlic, and onion. Cook for two minutes. Crumble in the tempeh.
3. Add in the broth, tomato paste, vinegar, soy sauce, maple syrup, and chili powder. Fold everything together until a thick tomato mixture forms.
4. Reduce heat to medium and cook, lid on, for about 2-3 more minutes.
5. Fold in optional chopped greens.
6. Warm buns and add toppings and the sloppy joe filling.

TEMPEH STIR FRY

Notes:

Who doesn't love a good stir-fry! This one is from our friends Taryn and Sydney from [@vegan.inconvenience](#) and [@sydney_digregorio](#).

Ingredients:

- 1 (8 oz) Tootie's Tempeh
- 1/2 cup cornstarch
- 1/4 cup nutritional yeast
- Avocado oil for pan frying
- Veggies of your choice (such as broccoli, bokchoy, onions, mushrooms, carrots, etc)
- 1/4 cup coconut aminos (or tamari or soy sauce)
- 1 TBSP rice vinegar
- 1 TBSP agave
- 2 TBSP water
- 1 tsp cornstarch



Instructions:

1. Cut the tempeh into 3/4 inch chunks and toss into the mixture of cornstarch and nutritional yeast.
2. Pan-fry the tempeh in avocado oil until golden brown/crispy. Set aside.
3. Sauté veggies of choice in oil until desired softness. Set aside.
4. Mix coconut aminos, rice vinegar, water, agave, and a little bit of cornstarch to make the sauce. Pour sauce into the pan and let it simmer until it thickens! Add back in the tempeh and veggies. Stir and enjoy with rice or noodles!

TEMPEH STIR-FRY WITH GINGER SOY SAUCE

Notes:

Today we bring you Tempeh Stir-Fry with Ginger Soy Sauce, a delicious recipe created by @botanickitchen.eat, a Maine-based org that provides tons of recipes and support for more vibrant health and connection to our food sources and farmers.

Ingredients:

- 1 (8 oz) Tootie's Tempeh
- 4 oz Maitake mushrooms
- 2 tsp Sesame oil
- 3-4 cups broccoli, chopped
- 1 small red onion, thinly sliced
- 1 carrot, thinly sliced
- 3-4 cups bok choy or spinach
- 2 scallions, thinly sliced
- 1 cup cilantro (optional)
- 1 TBSP sesame seeds (optional)
- Sauce:
 - 1 TBSP ginger, finely chopped
 - 3 garlic cloves, finely chopped
 - 4 TBSP tamari, soy, or aminos
 - 3 TBSP rice vinegar
 - 1 TBSP tahini or nut butter
 - 1 TBSP miso
 - 2-4 TBSP water
 - 1/2-1 tsp chili paste (optional)



Instructions:

1. Cube tempeh and mushrooms into small, evenly sized pieces. Prep veggies and set aside.

For sauce

1. Finely chop or grate garlic and ginger; add to a bowl and whisk in the remaining sauce ingredients. Alternatively, blend all the ingredients in a blender or use an immersion blender. You may add 2- 4 TBSP water to get a pouring-style consistency.

Stir-fry

1. Heat a wok or large skillet to hot. Drizzle sesame oil | aminos over cut-up tempeh + mushrooms, toss to coat, and add to the pan.
2. Pan-sear for 3-4 mins, turning tempeh cubes and stirring mushrooms until evenly golden.
3. Add prepped onion, carrot and broccoli. Stir-fry for 1 min. Add a SPLASH (2 TBSP) water & stir-fry for 1 min, repeating until broccoli is just fork-tender, 2- 3 mins. Adding small amounts of water helps steam-cook the vegetables using minimal to no oil.
4. Add sauce, and stir for 1 min. Turn off the heat and add greens + herbs, gently stir and then rest for 1 min. Taste and season with more soy or chilli sauce if you would like.
5. Serve in bowls as is or plate over greens, cooked grains, rice or noodles. Sprinkle with sesame seeds and extra herbs if using.

TEMPEH SWEDISH MEATBALLS

Notes:

This dish was created by Kate Musser, and it's just bursting with flavor!

Ingredients:

- 1 (8 oz) Tootie's Tempeh, crumbled well
- 1 TBSP flaxseed meal (to make flax egg)
- 2 1/2 TBSP water (to make flax egg)
- 1/3 cup vegan parmesan cheese
- 1 1/2 tsp onion powder
- 1 tsp garlic powder
- 2 tsp herbs de provence or italian seasoning
- 1/4 cup of fresh parsley
- 1/2 cup bread crumbs
- 2 TBSP you favorite marinara or tomato sauce
- 1/2 tsp vegan worcestershire sauce
- Olive oil for sauteing

For Breading

- 1/3 cup panko
- 1/3 cup vegan parmesan cheese

Swedish Sauce

- 1 sweet onion, sliced
- 2 cloves garlic, minced
- 4 TBSP butter
- 4 TBSP flour
- 2 cups vegetable broth
- 2 tsp worcestershire sauce
- 1 tsp Dijon mustard
- 1/2 cup vegan sour cream, at room temperature
- Fresh parsley and dill
- 1 tsp corn starch



Instructions:

1. You can either bake, air fry, or pan fry. If using oven or airfryer, preheat to 375°F.
2. In a small bowl make the flax egg and set aside.
3. In a medium bowl combine all the ingredients and mix well. Add salt and pepper to taste.
4. Scoop about 1 1/2 TBSP at a time and form into balls. Mix panko and parmesan cheese together in a shallow dish. Add tempeh balls one or two at a time and roll to coat.
5. If you are pan frying, over a medium-high heat, add about 1 1/2 TBSP of oil to a skillet. Add the tempeh balls to the hot skillet and brown on each. Set aside.
6. In the same skillet, melt the butter and saute the onion and garlic over medium heat until soft and aromatic. Stir in the flour and cook for 2 minutes, stirring continuously, until it begins to brown.
7. Deglaze with the broth then add the worcestershire sauce, Dijon and herbs. Reduce heat to a simmer. Stir in the sour cream about 1 TBSP at a time until it is well incorporated.
8. Add the tempeh balls back to the skillet and spoon the sauce over them. Allow them to reheat in the sauce for about 10-15 minutes.
9. Garnish with some more fresh herbs and enjoy!

TEMPEH TACOS (HARDSHELL)

Notes:

Highlighting the myriad ways of making tempeh tacos!

Ingredients:

- 1/2 (4 oz) of Tootie's Tempeh
- 6 blue corn hard taco shells
- 2 TBSP avocado oil for saute & marinade
- 1 avocado, cubed
- 1 tomato, diced
- 2 cloves garlic, minced
- 1 cup shredded cabbage
- 1 cup cilantro, chopped
- 1 small red onion, diced
- 1 TBSP chili powder
- 1 tsp cumin
- 1/4 tsp smoked paprika
- 1 tsp garlic powder
- 1/2 tsp salt
- 1 (15 oz) can pinto beans, drained
- 1/2 cup sliced mushrooms
- Sriracha sauce
- 1 lime, cut into wedges



Instructions:

1. Preheat the oven to 175°F.
2. Slice the tempeh in half lengthwise.
3. Prepare the marinade (1 TBSP avocado oil, chili powder, cumin, smoked paprika, and salt).
4. Brush the tempeh on both sides and let sit for 15 minutes or longer.
5. Saute the garlic and mushrooms in a pan. After a minute or so, add the chopped tomatoes and cook for another 5 minutes. Add the sriracha sauce and pinto beans. Simmer for 10 minutes.
6. Slice the tempeh into cubes and sauté in a separate pan (probably need a little oil in the pan) and brown/crisp on both sides.
7. Heat the taco shells in the oven at 175°F for 10 minutes.
8. To assemble, put avocado chunks on the bottom, then the beans, tempeh, onions, cilantro, and shredded cabbage (or any other veggies of choice). Squeeze a wedge of lime on each taco or top with a chipotle salsa or other fave sauce, and enjoy!

TEMPEH TERIYAKI

Notes:

A classic - Tempeh Teriyaki. Thank you, Kate! Enjoy!!

Ingredients:

- 1 (8oz) Tootie's Tempeh, cut into 1/4 inch strips
- 2-3 TBSP avocado oil
- 1/4 cup nutritional yeast flakes
- 1/2 pound fresh vegetables
- 4 garlic cloves, minced
- Cooked grains of your choice
- Chopped scallions
- Sesame seeds
- Teriyaki Sauce:
 - 1 TBSP olive or avocado oil
 - 1/4 cup low-sodium tamari or soy sauce
 - 1/2 TBSP maple syrup
 - 2 cloves of garlic, minced
 - 1/2 tsp fresh ginger, grated or minced



Instructions:

1. In a small bowl, whisk together teriyaki sauce ingredients and set aside.
2. Heat a large skillet over medium-low heat, add 1-2 tsp of oil. Add tempeh strips and brown, adding more oil, a little at a time, as necessary to keep the pan from drying out. Cook the tempeh for about 3-4 minutes per side.
3. Once tempeh is golden brown, add teriyaki sauce and nutritional yeast to the pan. Toss to coat the tempeh.
4. Add whatever fresh vegetables you are using to the pan along with the minced garlic. Sauté for about 10 minutes, turning occasionally. If the pan seems dry, you can add a splash of water, 1 TBSP at a time. Cover the pan near the end of cooking to quickly steam the vegetables.
5. Remove from heat once vegetables are slightly tender and vibrant in color. Serve over cooked grains and garnish with scallions and sesame seeds.

TEMPEH/TOFU HAM

Notes:

This tempeh tofu ham recipe works great! Very tasty and made excellent "ham" sandwiches for days after as well.

Ingredients:

- 1 (8 oz) Tootie's Tempeh
- 1 1/2 blocks (21 oz) tofu (we prefer Heiwa)
- 1/4 cup low sodium tamari or soy sauce
- 3-5 cloves of garlic, minced
- 2 TBSP tomato paste
- 1/2 cup beet Kvass or beet juice
- 2 TBSP smoked paprika
- 1 TBSP ground cloves
- 1 TBSP mustard
- 2 TBSP avocado or olive oil
- 1 tsp vegetable broth
- 1 1/2 cup chickpea or gluten free flour (or regular flour is fine too)
- 2 TBSP whole cloves
- Basting sauce (mustard, orange or pineapple juice, maple syrup, or whatever you prefer)



Instructions:

1. Prep: Preheat the oven to 375°F and line an 8×4-inch loaf pan with parchment paper (or nonstick cooking spray).
2. Prepare the mixture: Break apart the tofu and tempeh and place in a food processor, along with the tamari, garlic, tomato paste, oil, seasonings, broth, and beet juice. Blend for a full 60 seconds, pausing about halfway to scrape the sides of the food processor. Once the wet mixture has fully combined, add the flour to the mix and process for an additional 45-60 seconds, until a thick and uniform mixture forms. Use more flour if needed.
3. Fill the Mold: Transfer 2/3 of the tofu/tempeh mixture to the loaf pan. Form the mixture into a ball and shape into a ham-shape. With a knife, draw cross-hatch marks across the top and poke whole cloves into the sides. Smother a Dijon mustard over the whole "ham".
4. Bake: Place the pan in the middle baking rack and bake for 60 minutes, basting every 10 minutes or so until it is nice and crispy on the outside.
5. Remove from the oven and let sit for at least 5 minutes to set before slicing. Serve as desired; leftovers will keep in the fridge for up to 5 days.

TEMPEH TURKEY THANKSGIVING MEAL

Notes:

This tofu/tempeh "turkey" has the same protein as a turkey bird and is so delish your family/friends will want the recipe! With stuffing in the center and topped off with mushroom gravy!

Ingredients:

- 1 (8 oz) Tootie's Tempeh
- 1 1/2 blocks (21 oz) Heiwa tofu
- 1/4 cup low sodium tamari or soy sauce
- 3-5 cloves of garlic, minced
- 2 TBSP tomato paste
- 2 TBSP avocado or olive oil
- 1 TBSP + 1 tsp poultry seasoning
- 1 tsp vegetable broth or "chick'n" broth
- 1 cup flour (we used gluten-free)
- 1 1/2-2 cups of prepared stuffing (whatever your favorite stuffing is)
- 1 TBSP balsamic vinegar



Instructions:

1. Prep: Preheat oven to 375F. Line an 8×4-inch loaf pan with parchment paper or nonstick cooking spray.
2. Prepare the mixture: Break apart the tofu and tempeh and place in a food processor, along with the tamari, garlic, tomato paste, oil, poultry seasoning, and bouillon. Blend for a full 60 seconds, pausing about halfway to scrape the sides of the food processor. Once the wet mixture has fully combined, add the flour to the mix and process for an additional 45-60 seconds, until a thick and uniform mixture forms.
3. Fill the Mold: Transfer 2/3 of the tofu/tempeh mixture to the pan. Spread it across the bottom of the pan first, then press/scoop the base up the sides to create a well – about 3/4" thick – for the stuffing. Once you have your well, add the stuffing to the center of the mold.
4. Cover & Bake: Cover the stuffing with the remaining mixture in "dollops", so it covers more surface area. Then, carefully spread the mixture, sealing the top and the sides together, with no stuffing peeking through. Bake for 30 minutes.
5. Flip, Baste, & Bake: Remove the "turkey" from the oven and reduce to 350F. Flip onto a parchment-lined baking sheet. Use a pastry brush to baste with balsamic vinegar. Return to the oven and bake for an additional 30-35 min, until it has browned and feels firm to the touch.

TEMPEH WITH CARAMELIZED CABBAGE

Notes:

Transform any pasta dish by adding tempeh to boost the protein and flavor - yum!

Ingredients:

- 1 (8 oz) Tootie's Tempeh, sliced into strips, then cut in thirds.
- 1 TBSP avocado or olive oil (for sautéing the tempeh)
- 1/2 medium head green cabbage (1 1/2 to 1 3/4 pounds)
- 1 medium shallot (or red onion)
- 3 to 4 large cloves garlic, minced
- 6 TBSP (3/4 stick) unsalted vegan butter
- 1/2 tsp salt, plus more for the pasta water
- 1/4 tsp freshly ground black pepper, plus more as needed
- 8 oz penne, fusilli, or rotini pasta
- 1 small bunch fresh chives, parsley or cilantro
- 2 oz nutritional yeast, plus more for serving.



Instructions:

1. Cut the tempeh, then sauté in avocado oil over medium heat until golden brown on both sides. Set aside.
2. Cut the core from 1/2 head of cabbage, then slice thinly, cut-side down (5 to 6 cups). Peel and thinly slice shallot or red onion (1/2 - 3/4 cup).
3. Mince the garlic cloves.
4. Melt the butter in a large, heavy-bottomed pot or Dutch oven over medium heat. Add the shallot/onions and cook until softened, about 5 minutes.
5. Add the garlic and cook about 1 minute. Add the cabbage, season with salt and pepper, and toss to coat in the butter. Cook over medium to medium-low, stirring occasionally, until the cabbage is tender and dark golden-brown, 20 to 25 minutes. If the pan browns too much, turn the heat down slightly and stir the cabbage around or add a couple TBSP of pasta water to loosen them up.
6. Meanwhile, boil water in a large saucepan. Add the pasta and cook until al dente. Reserve 1 cup of the pasta water, then drain the pasta.
7. Thinly slice the chives (or parsley or cilantro). When the cabbage is ready, add the pasta and nutritional yeast.
8. Add 2/3 cup of the reserved pasta water and toss over medium heat until a thin, glossy sauce forms. Add the chives/parsley/cilantro and tempeh to combine.
9. Cook 3 more minutes. Taste and season with salt and black pepper as needed. Serve with a salad.

TEMPEH YELLOW CURRY

Notes:

We're on a curry kick, hope you like this one too! Courtesy Kristen Wood

Ingredients:

- 1 (8 oz) package Tootie's Tempeh, cubed (Traditional or Curry)
- 1 TBSP avocado oil
- 1 medium onion, diced
- 1-inch knob fresh ginger, minced
- 6 cloves garlic, minced
- 1 TBSP yellow curry powder
- 1 tsp cumin seeds
- 1 tsp garam masala
- 1 tsp coconut sugar (or equal)
- 1 tsp ground coriander
- 1/4 tsp red chili flakes
- 1/4 tsp ground black pepper
- 13.5 oz can full fat coconut milk
- 1 cup water
- 1 1/2 cups fresh mixed vegetables of choice
- 1/4 cup fresh cilantro, chopped
- 1 TBSP lime juice
- Salt to taste



Instructions:

1. In a large skillet over medium-high heat, add oil and tempeh cubes. Saute until golden and crispy on each side. Set the tempeh aside.
2. Reduce the heat to medium. Add the ginger, onion, and garlic. Saute until the onions have softened and the garlic is slightly toasted. Add spices and sugar. Saute for 2 minutes longer, stirring frequently, until the spices smell fragrant.
3. Add the coconut milk and water and stir to combine. Add the vegetables and then increase the heat to bring the mixture to a boil. Reduce to a simmer for 5-10 minutes depending on how cooked you want the veggies. Add the tempeh, cilantro, and lemon juice. Salt to taste. Simmer for 2 more minutes.
4. Serve over cooked basmati rice and garnish with cilantro and lime.

TUSCAN ROASTED TEMPEH & RUTABAGA

Notes:

This is a delicious roast veggie dinner by our friend Functional Nutrition chef Karina Hines!

Ingredients:

- 1 1/2 (12 oz) packages Tootie's Tempeh
- 2 tsp mixed Italian herbs
- 1 tsp salt or seaweed and pinch of pepper
- 10 sage leaves
- Dizzle olive oil (optional)
- 1 leek or onion, small dice
- 1 rutabaga, peeled and diced
- 2 celery sticks, diced
- 4 garlic, peeled and chopped
- 1/2 cup parskey, finely chopped
- 1 can crushed tomatoes (14-15 oz)
- 1 cup broth or white wine or vermouth
- 1 tsp chili flakes
- 2 tsp mixed Italian herbs
- 3 cups swiss chard, spinach, or kale, chopped



Instructions:

1. Preheat oven to 400°F.
2. Wash and chop all the veggies.
3. For even cooking time, it is important to dice all the vegetables, especially the rutabaga, into very small, even-sized pieces.
4. In an oven-proof baking dish, add leek, rutabaga, celery, garlic, parsley, herbs, and crushed tomato, and rinse can with wine or water. Mix everything well and spread out in the dish in an even layer.
5. Dice the tempeh into small even cubes and scatter over the dish. Sprinkle with seasonings and drizzle with olive oil if using, then scatter over sage leaves.
6. Roast until the vegetables are fork-tender and tempeh is lightly golden in places.
7. After 25 minutes, stir the vegetables to ensure they're evenly coated and cooking in the braising sauce. Stir in the greens when you remove the dish from the oven and rest covered for 5 minutes; the residual heat will gently cook. Serve in bistro bowls with a sprinkling of vegan parmesan or nutritional yeast for a cheesy flavor.

YAKU UDON WITH TEMPEH & BROCCOLI

Notes:

A savory and easy-to-make dinner great for any night or occasion!

Ingredients:

- 1 (8 oz) Tootie's Tempeh
- 1 TBSP oil (olive, sesame, or coconut)
- 14 oz udon noodles (heat and serve wheat noodles)
- 2 tsp salt
- 3 large cloves of garlic, minced
- 1 medium head of broccoli (8-14 florets) - cut the big florets in half
- 1/2 cup mirin
- 1/4 cup soy sauce
- 1 TBSP sriracha
- 1/4 cup water
- 1 TBSP brown sugar or maple syrup



Instructions:

1. Preheat a large sauté pan over medium-high heat.
2. Once it's hot, crumble the tempeh with your hands into the pan - a variety of cubes and crumbles is ideal.
3. Brown the tempeh for 4-7 minutes. Add the salt and the garlic. Saute for 2 more minutes, stirring frequently.
4. Add the broccoli florets, mirin, soy sauce, sriracha, brown sugar or maple syrup, and water. Saute for 10 minutes, stirring occasionally.
5. Add the udon noodles and saute for 5 minutes, breaking up the noodles with a spoon.

30 MIN TEMPEH CURRY

Notes:

Matt Kaplan is sharing a simple curry recipe using our seasoned curry tempeh!

Ingredients:

- 1 (8 oz) Tootie's Curry Seasoned Tempeh, cut into slabs 1/4 inch thick
- 2 TBSP olive or coconut oil
- 1/2 cup diced onion
- 1 clove of garlic, minced
- 1 tsp fresh ginger, grated
- 1 tsp salt
- 2 tsp garam masala
- 1 tsp curry powder
- 1 tsp turmeric
- 1 cup coconut milk
- 1/2 cup water
- Vegetables of your choice - I used kale, red peppers, and carrots



Instructions:

1. Brown the tempeh in a saucepan over medium-high heat, 3-4 minutes on each side. Set to the side.
2. Saute the onions in the hot pan for 4 minutes.
3. Add the garlic, ginger, salt, and dried spices, sauté for 2 minutes, stirring often.
4. Turn the heat off and add the coconut milk.
5. Serve the sauce over rice and top with the tempeh and vegetables.
6. Enjoy!



TEMPEH DESSERTS



BLUEBERRY CRUMBLE

Notes:

Our spin on the popular blueberry crumble dessert, using our tempeh as a part of the crumble!

Ingredients:

For the filling Ingredients

- 2 cups fresh or frozen Maine wild blueberries
- 1 TBSP lemon juice
- 1 TBSP flour
- 2 TBSP maple syrup
- 1/2 tsp cinnamon

For the crumble topping

- 1/2 (4 oz) Tootie's Tempeh, crumble
- 1 TBSP olive oil (for sauteeing the tempeh)
- 1 TBSP maple syrup
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/2 cup flour
- 1/4 cup coconut sugar
- 1/8 tsp salt
- 6 TBSP cold, vegan butter, diced
- 1/4 cup organic oats



Instructions:

1. Preheat oven to 350°F.
2. Combine all the ingredients for the filling in a bowl and mix, then pour into a 9-inch pan.
3. Heat a saucepan with the oil over medium heat and sauté the tempeh with the maple syrup, cinnamon, flour, and a pinch of salt. Stir often to make sure the tempeh morsels are well flavored and browned. Set aside to cool.
4. In a separate bowl, combine the flour, sugar, salt, and oats.
5. When the tempeh has cooled, add it to the bowl with the other ingredients.
6. Add the diced butter to the bowl and use your hands to mix and create the crumble.
7. When the butter is mixed in and you have a nice crumble, spread it evenly on top of the blueberries.
8. Bake for 40 minutes in the 350°F oven.
9. Let cool for 15 minutes. Serve with vegan whipped cream or ice cream.

FROZEN BANANA, PEANUT BUTTER, CHOCOLATE & TEMPEH TREAT

Notes:

Katrina, one of our previous interns, played around with the tempeh and came up with a crowd-pleasing summer dessert!

Ingredients:

- 2 bananas
- 4 TBSP peanut butter
- 4 TBSP of dark chocolate
- **For the crumble topping**
- 1/2 (4 oz) Tootie's Tempeh, crumbled
- 1 TBSP olive oil
- 1 TBSP maple syrup
- 1/2 tsp of cinnamon
- 1/4 tsp nutmeg
- 1 TBSP brown sugar or agave
- 1 TBSP Oatmeal



Instructions:

1. Crumble tempeh into pea-sized bits into a bowl.
2. Heat a saucepan over medium heat with olive oil and sauté tempeh with maple syrup, cinnamon, oatmeal, nutmeg, and brown sugar. Allow tempeh to brown and then set off to the side to cool.
3. Cut bananas in half and then through the middle to have four slices of banana halves. Place halves on a baking sheet with parchment paper.
4. Put 1 TBSP of peanut butter on each of the banana halves and place in the fridge to allow the peanut butter to harden.
5. Heat dark chocolate over heat (or microwave) until melted.
6. Take bananas out of the fridge, drizzle on the chocolate, and top with the tempeh crumble while the chocolate is still warm.
7. Place bananas in the freezer for an hour and a half or more.
8. Enjoy!

STRAWBERRY RHUBARB TEMPEH CRUMBLE

Notes:

A seasonal delight that highlights tempeh's versatility: a Strawberry-Rhubarb Tempeh Crumble. Perfect dessert for summer festivities!

Ingredients:

For the filling

- 2 1/2 cups strawberries, quartered
- 2 1/2 cups rhubarb, cleaned, ends trimmed, cut into 1/2-inch pieces
- 1/2 cup granulated sugar, or equivalent
- 1 1/2 TBSP cornstarch or flour
- 1/8 tsp coarse salt

For the crumble

- 1 (8oz) Tootie's Tempeh, crumbled well
- 1 TBSP olive oil (for sauteeing tempeh)
- 2 TBSP maple syrup
- 1/4 cup all-purpose flour
- 1/3 cup packed brown sugar
- 1 1/2 tsp cinnamon
- 1/8 tsp coarse salt
- 6 TBSP cold unsalted vegan butter, cut into small pieces



Instructions:

1. Preheat oven to 375°F.
2. Coat a 9x12-inch baking dish with nonstick cooking spray.
3. In a large bowl, toss strawberries and rhubarb with the sugar, cornstarch/flour, and salt, making sure that everything gets mixed and coated. Pour into baking dish.
4. For the crumble topping, sauté the crumbled tempeh in the olive oil with the maple syrup, 1/2 tsp cinnamon, a dash of salt, sprinkle of flour. Cook until browned and set aside.
5. In a medium bowl, mix the flour, brown sugar, cinnamon, and salt.
6. In the same bowl, mix in the cooled tempeh. Work in the butter with your hands until large moist clumps form. Sprinkle over the strawberry rhubarb mixture
7. Bake until topping is browned and fruit is bubbly and tender underneath, about 45 minutes.
8. Let cool for 10-15 minutes.
9. Serve with vegan ice cream or whipped cream!

TEMPEH AVOCADO BROWNIES

Notes:

These amazingly delicious tempeh avocado brownies are a healthier dessert option!

Ingredients:

- 1 (8oz) Tootie's Tempeh, crumbled
- 2 small avocados (or one large)
- 3 cups gluten-free or regular flour
- 1/4 tsp salt
- 1/2 TBSP baking soda
- 1 TBSP baking powder
- Egg replacer equal to 2 eggs (I used flax meal in hot water)
- 2 tsp vanilla
- 1 cup unsweetened cocoa powder (or 2 cups unsweetened chocolate chips)
- 1 cup coconut sugar or equivalent
- 1 cup soy milk (or your choice of plant or nut milk)
- Dark chocolate for shavings (optional)



Instructions:

1. Crumble tempeh into pea-sized bits into a bowl.
2. Heat a saucepan over medium heat with olive oil and sauté tempeh with maple syrup, cinnamon, oatmeal, nutmeg, and brown sugar. Allow tempeh to brown and then set off to the side to cool.
3. Cut bananas in half and then through the middle to have four slices of banana halves. Place halves on a baking sheet with parchment paper.
4. Put 1 TBSP of peanut butter on each of the banana halves and place in the fridge to allow the peanut butter to harden.
5. Heat dark chocolate over heat (or microwave) until melted.
6. Take bananas out of the fridge, drizzle on the chocolate, and top with the tempeh crumble while the chocolate is still warm.
7. Place bananas in the freezer for an hour and a half or more.
8. Enjoy!

TEMPEH TRILLIONAIRE BARS

Notes:

A fun, over-the-top take on a Millionaire's bar—but instead of shortbread, Tootie's Tempeh brings a nutty depth and a protein-forward twist. Made with a buttery, crisp tempeh base, layered with creamy oat-milk caramel and a rich chocolate ganache, then topped with gold leaf—if you want to go all the way.

Ingredients:

For the base

- 1 (8oz) Tootie's Tempeh
- Vegan butter, for pan-frying
- Caramel Layer
- 1/2 cup vegan butter (110 g)
- 1 can condensed oat milk (400 g)
- 1 cup brown sugar (200 g)
- 1/4 cup brown rice syrup (60 g)
- 2 tsp vanilla extract
- 1 tsp salt

For the chocolate ganache

- 1 1/2 cups vegan chocolate chips (260 g)
- 50 ml (1.69 oz) vegan heavy cream (if you don't have vegan cream make your own by adding a few drops of vinegar to the soy milk)
- Pinch of salt (optional)
- Finish
- – Gold leaf (optional)



Instructions:

1. Slice the tempeh to fit the size of your silicone mold, then slice each piece in half horizontally to create thinner rectangular slabs.
2. Pan-fry gently in vegan butter over low heat until lightly golden.
3. Add all caramel ingredients to the saucepan at once.
4. Cook over medium heat, whisking constantly, until the mixture reaches 248°F, then remove from heat.
5. For the ganache, gently heat the chocolate chips and vegan heavy cream together in a double boiler, stirring until fully melted and smooth.
6. Assemble in the silicone mold: place tempeh, pour over caramel, and freeze until firm.
7. Top with chocolate ganache and freeze again between layers for clean, sharp edges.
8. Finish by topping with gold leaf just before serving.



TEMPEH APPETIZERS AND SIDES



BOSTON BAKED TEMPEH

Notes:

Are you a fan of Baked Beans? Then you must try it with tempeh!

Ingredients:

- 1 (8oz) Tootie's Tempeh, crumbled
- 1/2 medium onion, diced
- 1 TBSP blackstrap molasses
- 1 TBSP brown sugar
- 1 TBSP maple syrup
- 1/2 TBSP Worcestershire sauce
- 1 tsp dry mustard
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1 tsp hot smoked paprika
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 TBSP tomato paste
- 1/2 tsp liquid smoke
- 1/4 cup water



Instructions:

1. In a small saucepan, sauté onion in a little avocado oil until tender and slightly browned.
2. Add all other ingredients except tempeh to the pan, stir well. Bring to a simmer, stir.
3. Add tempeh, stir well to combine. Simmer for 15 minutes or until thickened and bubbly.
4. Serve with brown bread or sourdough bread and coleslaw.

BRUSSELS SPROUT TEMPEH SLIDERS

Notes:

Who is hungry for Tempeh sliders?

Ingredients:

- 1 (8oz) Tootie's Tempeh, sliced into thin cubes or rectangles that will fit onto the brussel sprouts
- 12 brussel sprouts (the larger the better)

For the marinade

- 2 TBSP olive oil
- 2 cloves garlic, diced finely
- 2 tsp tamari
- ½ tsp cumin
- pepper
- dash of liquid smoke (or smoked paprika)
- Toppings of your choice (see options in instructions)
- Toothpicks



Instructions:

1. Cut Brussels sprouts in half at the core so you have two solid "sandwich" sides for the sliders, and keep the pairs matched so you'll be ready to assemble them after they are cooked. Dip the cut sides in a marinade of olive oil, cumin, fresh ground pepper, finely diced garlic, a little tamari, and just a dash of liquid smoke (no worries if you don't have any liquid smoke- they will taste great) and place cut side down on a baking sheet. Bake at 375°F for 10-12 min, flip them over, and bake for another 5 minutes.
2. Meanwhile, marinate the tempeh in the same ingredients you dipped the Brussels sprouts in for at least 10 minutes (or overnight in the fridge), turning them over to fully coat. Bake them at 375°F for about 10-12 minutes, then flip them and bake for another 5 min.
3. Once the Brussels sprouts and tempeh have cooled, you are ready to assemble them. There are so many variations you can do here. For a quick assembly: coat the bottom Brussels sprout with a Russian dressing (see recipe in Tempeh Reubens), add a piece of tempeh, more dressing, top with sauerkraut (that you've drained slightly), then add the matching Brussels sprout top and skewer with a toothpick.
4. Another option: instead of sauerkraut, use caramelized sweet onions or kimchi, or a thick layer of basil pesto and alfalfa sprouts. The options are endless!
5. Serve cold or reheat in the oven for 5-7 minutes after they are all assembled. Buon appetito!

CAJUN CARNIVAL BOWL

Notes:

This is a Mardi Gras inspired recipe developed by Exec Chef Jason Grant for the Battle of the Chefs at the Maine Grain Celebration.

Ingredients:

- 2 (16 oz) Tootie's Tempeh, cubed
- 2 tsp dried thyme
- 2 tsp dried oregano
- 2 TBSP chopped fresh parsley
- 2 TBSP olive oil

For the Grain Salad

- 1 1/2 cups farro
- 1 cup wheatberries
- 5 cups water (for cooking grains)
- 2 cups butternut squash, diced
- 2 TBSP olive oil
- 1/2 tsp salt
- 1/4 tsp black pepper
- 3 cups kale, cut into thin strips

For the Creole Sauce

- 1 small shallot, finely diced
- 2 scallions, finely diced
- 2 TBSP chives, chopped
- 2 TBSP capers, chopped
- 1/2 cup veganaise
- 1 TBSP sriracha
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp smoked paprika
- Salt & pepper to taste

For the Dressing

- 1/4 cup extra virgin olive oil
- Juice of 1 lemon
- Roasted herbs (from tempeh)



Instructions:

Marinate & Roast the Tempeh

1. In a bowl, toss the tempeh with thyme, oregano, parsley, and olive oil. Let marinate for at least 15 minutes.
2. Preheat oven to 350°F (175°C).
3. Spread tempeh on a baking sheet and roast for 25 minutes. Set aside.

Prepare the Grain Salad

1. Bring 5 cups of water to a boil. Add farro and wheatberries, cooking about 25-30 minutes until tender.
2. Drain, but reserve the cooking liquid for blanching kale.
3. Toss butternut squash with olive oil, salt, and pepper. Roast at 400°F (200°C) for 20-25 minutes until caramelized and tender.
4. Using the reserved cooking liquid, blanch the kale for about 30 seconds, then drain and set aside.
5. Combine cooked farro, wheatberries, roasted squash, and kale in a bowl.

Make the Creole Sauce

1. In a small bowl, mix together shallots, scallions, chives, capers, veganaise, sriracha, onion powder, garlic powder, paprika, salt, and pepper. Set aside.

Make the Dressing

1. Blend the roasted herbs from the tempeh with olive oil and lemon juice.

Assemble & Serve

1. Divide the grain salad among five plates.
2. Top each serving with roasted tempeh.
3. Drizzle with Creole sauce and serve immediately.
4. Enjoy this flavorful and nutrient-packed dish!

CRISPY CORN AND TEMPEH FRITTERS

Notes:

This makes a great lunch or light dinner and is a real winner!

Ingredients:

- 1 (8oz) Tootie's Tempeh, crumbled
- 2 cups of sweet corn kernels (cooked, fresh or frozen)
- 1 TBSP avocado oil (for sauteing the tempeh)
- 1/2 tsp onion powder (for the tempeh)
- 1/2 tsp garlic powder (for the tempeh)
- 1/2 small red onion, chopped very small
- 2 TBSP cilantro, chopped
- 1 clove of garlic, finely chopped
- 3/4 cup of all-purpose or gluten-free flour
- 2 TBSP of cornstarch
- 1/2 tsp of baking powder
- 1/2 tsp of smoked paprika
- 1 tsp cumin
- 1/2 tsp of salt
- 1/4 tsp of black pepper
- 1/2 cup of unsweetened soy milk (or other plant milk)
- 1 TBSP of lemon juice
- 2 to 3 TBSP of olive oil (for frying in a pan)



Instructions:

1. Heat the avocado oil in a pan. Sprinkle the tempeh with the onion and garlic powder and sauté until lightly browned.
2. For the batter, put the corn, red onion, chopped cilantro, and garlic in a big bowl.
3. Separately, mix the flour, cornstarch, baking powder, paprika, salt, and pepper.
4. Add the dry ingredients to the corn and tempeh. Add the soy milk and lemon juice and mix until a thick batter forms. It should stay together when you scoop it up. If it's too loose, add a TBSP of flour.
5. To cook the fritters, heat the olive oil in a skillet over medium heat. Drop about 2-3 TBSP of batter for each fritter into the pan. With the back of a spoon, gently flatten.
6. Cook for 3 to 4 minutes on each side, or until they are very golden brown and crispy. Put on a plate lined with paper towels.
7. Serve the fritters warm with your favorite salsa on the side, some avocado slices, and more fresh cilantro. The corn makes them naturally sweet, the tempeh adds the protein, the outside is crunchy, and the inside is soft.

CRUNCHY COCONUT TEMPEH BALLS

Notes:

A spin on coconut shrimp!

Ingredients:

- 1 (8 oz) Tootie's Tempeh, cut into 1" cubes
- 3/4 Cup shredded unsweetened coconut
- 1/4 Cup panko bread crumbs
- 1/2 Tsp lime zest
- 1/2 Can (8 oz) coconut milk (full fat)
- 1 TBSP sriracha or sambal oelek
- 1 1/2 Tsp maple syrup or agave
- 1/2 Cup cornstarch
- 1 Tsp lime juice
- Salt
- Approx 1/2 Cup neutral oil for pan frying



Instructions:

1. Mix the shredded coconut and the panko breadcrumbs in a medium bowl. Season with salt.
2. In a small bowl, combine the lime zest and 1 tsp salt, rubbing together with your fingers.
3. Then, in another small bowl, add the coconut milk, sriracha, and agave and stir together with a fork.
4. Transfer 1/3 of this mixture to a medium bowl and mix in the cornstarch.
5. Add the lime juice to the remaining coconut in the small bowl (this becomes the dipping sauce), set aside.
6. Now add the oil to a large skillet to about 1/4 inch, and turn heat to medium.
7. Working in batches, coat the tempeh in the coconut/cornstarch mixture, then coat all sides in the shredded coconut/panko mixture.
8. When the oil is hot, add the tempeh and cook until golden brown on both sides.
9. Transfer to a paper towel-lined plate and immediately sprinkle with the lime salt.
10. Eat right away with the coconut dipping sauce and sweet chili sauce.

CURRY TEMPEH FRITTERS

Notes:

Try these delicious Curry Tempeh Fritters - can be made as burgers as well!! Yum!

Ingredients:

- 1 (8 oz) Tootie's Tempeh
- 2 cloves garlic, peeled and chopped
- 1 fresh red chili seeded and finely chopped or crushed red pepper
- 1 small bunch of fresh cilantro leaves plus more for garnish, roughly chopped
- 2 stalks scallion, finley chopped
- 1 tsp of coconut sugar or maple syrup
- 3 TBSP flour
- 1/8 cup egg replacement (we used just egg)
- Pinch of salt and freshly ground black pepper
- Oil for pan frying (we used avocado oil)



Instructions:

1. Place all the ingredients in a food processor (except for the cooking oil) and process into a coarse mix. It will be like a sticky batter.
2. Remove from the food processor into a bowl.
3. Form the mix into a ball and then slightly press down to form a disc. Repeat until you are done with the rest of the mix.
4. Preheat the oil in a pan.
5. Pan-fry the tempeh cakes until they are golden brown, turning once. Place on absorbent paper.
6. Transfer to a serving platter and garnish with mango chutney, a dollop of vegan yogurt, and the remaining cilantro leaves.

CURRY TEMPEH HUMMUS

Notes:

Did you know you can make hummus out of tempeh to boost the protein? We tried it with our curry seasoned tempeh and it is incredibly delicious!

Ingredients:

- 1 (8 oz) Tootie's Curry Seasoned Tempeh
- 2 TBSP lemon juice
- 1 clove garlic, loosely chopped
- 1 TBSP fresh ginger, minced
- 1/4 tsp cumin
- 1/2 tsp tamari
- 2 TBSP tahini
- 1/4 cup water
- Dash of sriracha sauce



Instructions:

1. Break the tempeh into chunks and steam or cook it in a pan (so that it's not raw).
2. Combine all of the ingredients into a blender and blend until the consistency of hummus.
3. Serve as a dip in a sandwich or protein bowl.
4. Enjoy!

GRILLED TEMPEH WITH CHIPOTLE APPLE BUTTER

Notes:

Created by friend and guest chef
[@shefmimi](#) from [@bitesandsuch](#)

Ingredients:

- 1 (8 oz) Tootie's Tempeh
- 8 oz apple butter (your favorite local one will do)
- 4 tsp chipotle pepper hot sauce
- 3 TBSP water
- 4 tsp maple syrup
- Pinch of salt

For garnish

- 1 bunch scallion, chopped
- 1 bunch cilantro, picked



Instructions:

1. Cut tempeh into smaller pieces that are easy to skewer
2. Mix all ingredients except for cilantro and scallion and slather the tempeh so it's completely covered, reserving half for use while grilling. Let marinate for 2 hours or more.
3. Brush tempeh with apple butter mix and grill each side until desired grill marks are achieved and tempeh is warm to the touch.
4. Top with cilantro and scallions. Chef Mimi reported back that it is delicious!!

POTATO AND TEMPEH SAMOSA

Notes:

A recipe that's a real crowd-pleasing appetizer created by Kate Musser.

Ingredients:

For the Dough

- 1 1/2 cup all-purpose flour
- 1/2 tsp salt
- 2 TBSP vegetable oil
- 3/4 cup hot water

For the Potato Tempeh Filling

- 1 (8 oz) Tootie's Curry Seasoned Tempeh, crumbled
- 1 lb potatoes, peeled and cubed
- 4 TBSP vegan butter
- 1 onion, diced
- 1 1/2 jalapeno, deseeded and diced
- 2 tsp fresh ginger, minced
- 1 tsp cumin seeds
- 1 tsp garam masala
- 1/2 tsp turmeric powder
- 1/4 tsp cayenne
- Salt to taste
- 1/2 cup frozen peas
- 2 TBSP fresh cilantro, chopped



Instructions:

1. Make the dough by combining flour and salt into a medium mixing bowl.
2. Stir in the oil and then add the hot water a little bit at a time to form a workable dough. Knead until combined and then cover with a damp tea towel and let rest on the counter for at least 30 minutes.
3. Make the potato tempeh filling. In a medium pot, cover the potatoes with water and cook until tender, then drain and rough mash them. Set aside.
4. In a sauté pan, toast all the spices. Melt the butter then add the onion and sauté until tender and just starting to brown. Add the crumbled tempeh, jalapeno, ginger, and frozen peas. Cook for about 2-3 minutes.
5. Remove from heat and add the mashed potatoes and fresh cilantro. Stir to combine well and add salt & pepper to taste. Transfer to the refrigerator to cool.
6. To learn how to shape samosas, we suggest searching YouTube. Here's one video: <https://youtu.be/HTaKgm9CQ4Q?feature=shared>
7. After all of the samosas have been shaped, heat up about 3" of oil in a deep saucepan or pot over medium-high heat. Once the oil is at 200°F, fry the samosas in batches until they are golden brown.
8. Remove from the oil with a slotted spoon and transfer them to a rack to drain.
9. Enjoy with your favorite cilantro chutney or locally made sauce.

TEMPEH BACON

Notes:

This is our favorite tempeh bacon shared by [@vickiecharity](#) that was used in their popular vegan BLT when she ran Vickie's Veggie Table in Biddeford, Maine. It's the best (and oil free)!!

Ingredients:

- 1 (8 oz) Tootie's Tempeh
- 1/2 cup tamari
- 1/2 cup maple syrup (we use less)
- 1/4 cup nutritional yeast
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp hickory liquid smoke or smoked paprika



Instructions:

1. Mix marinade together. Cut tempeh into thin strips and marinate in mixture for 30 min or longer.
2. Place on a baking sheet with parchment paper. Brush tempeh with marinade.
3. Bake at 425°F for 10 min.
4. Take out and brush with marinade, then flip and brush again with marinade.
5. Bake for 5+ more minutes. Take out and brush with marinade one more time and bake for the final 5 min. till golden brown. You can also air fry if you prefer.

TEMPEH BUFFALO BITES

Notes:

Turn the heat up at parties with these easy-to-make bites!

Ingredients:

- 2 (16oz) Tootie's Tempeh
- 1 1/2 cup vegan buffalo sauce (Primal Kitchen makes a good one)
- 1/2 cup cornstarch or all purpose flour
- 1 1/4 cup Panko bread crumbs
- Avocado oil for frying
- Dipping sauce of your choice



Instructions:

1. Break the tempeh into nugget-sized chunks and place in a medium bowl. Pour the buffalo sauce over the tempeh. Toss to fully coat the tempeh. Cover the bowl and place in the refrigerator to marinate for an hour. Overnight is even better.
2. Place the Panko in a small bowl and the cornstarch in a second bowl.
3. Heat 1 inch of frying oil in a large heavy skillet until it reaches 350°F.
4. Remove the tempeh from the refrigerator. One piece at a time, bread the tempeh as follows: place the tempeh in the cornstarch, then back in the buffalo sauce, then in the Panko. Place on a sheet tray and finish breading the remaining chunks of tempeh.
5. Fry the tempeh. Place the tempeh chunks in the hot oil carefully and fry on each side until golden brown — about 4 minutes per side. Remove from oil with a slotted spoon and place on a paper towel or cooling rack to drain excess oil.
6. Optional: For serving, brush some extra buffalo sauce on the fried tempeh chunks and place on a platter for serving. Enjoy with your favorite dipping sauce.

TEMPEH GYOZA

Notes:

Tempeh in a dumpling filling? You bet. Matt Kaplan developed this recipe and it will have you asking: there really isn't meat in it??

Ingredients:

Filling

- 1 (8 oz) Tootie's Tempeh
- 1 1/2 cups chopped napa cabbage (small pieces)
- 1 tsp salt
- 1 tsp minced ginger
- 2 cloves garlic, minced
- 1 tsp sesame oil
- 1 tsp soy sauce
- Pinch or two of chili flakes
- 3 scallions, chopped
- 1 package Nasoya wonton wrappers

Sauce

- 2 TBSP neutral oil
- 2 TBSP water
- 1 TBSP soy sauce
- 1 tsp sweet chili sauce
- 1 tsp sesame seeds



Instructions:

1. Add the chopped cabbage to a bowl and mix the tsp of salt into the cabbage. Reserve for 15 minutes.
2. Break the tempeh into small pieces and add them to a food processor.
3. Add one tsp of soy sauce and one tsp of sesame oil to the food processor.
4. Drain and squeeze the water out of the cabbage.
5. Pulse the tempeh several times until it looks like mince (ground meat).
6. Add the tempeh to a bowl and fold in the cabbage, scallions, ginger, garlic, and chili flakes. Mix well with a spoon.

Make the Gyoza

1. Lay out 6 wrappers at a time (if the wrappers are allowed to dry for too long, they become dry and impossible to work with).
2. Add a TBSP of filling into the middle of each wrapper.
3. See instructions on the package for an easy way of folding them. Keep a bowl of water nearby to wet the edges before folding.
4. Pan-fry the gyoza in two TBSP of neutral oil over medium-high heat, 3 minutes a side.
5. Reserve the gyoza in two TBSP of neutral oil, medium-high heat, 3 minutes a side.
6. Reserve the gyoza and immediately add to the hot pan: two TBSP of water, one TBSP of soy sauce, and one tsp of sweet chili oil. Stir for a minute or two until thickened.
7. Add the gyoza back to the sauce and coat them gently.
8. Plate the gyoza and garnish them with sesame seeds.

TEMPEH ONIGIRI

Notes:

A special recipe from Rayleigh, a key production team member, who spent 2 weeks in Japan, where they were inspired by the beauty, creativity, and deliciousness of the food. This is one they created based on a traditional recipe.

Ingredients:

- 2 (16 oz) Tootie's Tempeh
- 2 cups cooked sushi rice (we used Nishiki brand)
- 1/4 cup of seasoned rice vinegar
- 5 grams of hijiki seaweed dried
- 1 carrot shredded (or 1/4 cup of pre-shredded)
- For the tempeh and marinade:
- 3 TBSP soy sauce (reduced sodium) or tamari
- 1 1/2 TBSP rice vinegar
- 1/2 tsp vegan dashi powder (we used Mat.Sol.Sol. brand)



Instructions:

1. Crumble the tempeh, then add the marinade seasonings and set it aside to marinate for at least 15 - 30 minutes. Then soak the hijiki in cold water for thirty minutes. After that, start cooking the rice in a rice cooker or on the stovetop with the drained hijiki added to it.
2. Bake the tempeh at 350F for about 20 minutes. Rotate the pan and mix the tempeh halfway.
3. When the rice is done, add the seasoned rice vinegar and shredded carrots, then add the desired amount of tempeh and mix it thoroughly. Let it cool for easier handling.
4. To shape it, you can use a pre-shaped mold for Onigiri or cut a square of plastic wrap and shape the rice balls that way. They are usually shaped into balls or triangles. It's helpful to wet your hands when handling the rice mixture.
5. We added a little strip of nori to the bottom for an extra boost of flavor, and it looks cool too. Makes 8 triangles/balls.

TEMPEH SUSHI CAKE

Notes:

Excited to share an innovative and delicious recipe from @vegan.ravishing.ravenous! So creative! They even offer their favorite ingredient makers. Tempeh Sushi Cake with spicy chickpea "tuna".

Ingredients:

- 1 (8 oz) Tootie's Tempeh
- 1/2 cup tamari
- 1/2 cup maple syrup (we use less)
- 1/4 cup nutritional yeast
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp hickory liquid smoke or smoked paprika



Instructions:

1. Need: Rectangular silicone molds.
2. Cook and season rice, press into silicone molds (see photo)
3. Pan-fry tempeh rectangles in avocado oil until golden + crispy; set aside
4. Make "tuna": mix chickpeas, mayo, hot sauce, gochugaru, seaweed, shoyu, and any leftover tempeh, crumbled; fluff with a fork.
5. Smash avocado w/garlic, salt + pepper.
6. Assemble: tempeh on bottom, rice next layer (flipped out of mold), top with avocado smash, and 2 scoops of chickpea tuna, and garnish with the caviar and green onion curls.

THANKSGIVING TEMPEH STUFFING 2.0

Notes:

Bringing back this quintessential stuffing to add to your Thanksgiving dinner or as a great side for any dinner! It's packed with all the herby goodness and kicked up a notch with the crumbled tempeh.

Ingredients:

- 1 (8oz) Tootie's Tempeh, crumbled
- 1 small loaf (1 pound) day-old crusty sourdough bread (or toasted)
- 1/2 cup salted (cold) vegan butter, plus 1 TBSP melted butter for topping
- 2 leeks, halved, thinly sliced, and rinsed well (2 cups) (or 1 large diced onion)
- 4 celery stalks, diced (1¾ cups)
- 3 garlic cloves, chopped
- 3/4 tsp sea salt
- 1/2 tsp freshly ground black pepper
- 1/4 cup chopped fresh sage
- Heaping 1/4 cup chopped fresh parsley
- 1 tsp chopped fresh rosemary
- 1 tsp fresh thyme leaves
- 1 1/2 to 2 cups vegetable broth
- 1/2 cup Just Egg (liquid version) (if you don't use just add a bit more broth)



Instructions:

1. Preheat the oven to 350°F and grease a 9x13-inch baking dish.
2. Tear or cut the bread into 1-inch pieces and spread in a single layer onto a large baking sheet. Bake for 10 to 15 minutes to dry it out. Set aside.
3. Melt the butter in a large skillet over medium heat. Add the crumbled tempeh, leeks, celery, garlic, salt, and pepper, and sauté for 7 minutes, turning the heat to low halfway through. Pour the leek mixture over the bread and sprinkle with the sage, parsley, rosemary, and thyme. Use your hands to toss until coated. Pour 1 1/2 cups of the broth evenly over the stuffing and toss to coat. Add the egg replacer and toss again. The bread should feel pretty wet. If it's still a bit dry, mix in the remaining 1/2 cup of broth. The amount you use will depend on how dense and dry your bread was.
4. Transfer the mixture to the baking dish.
5. When ready to bake, drizzle the melted butter on top and bake, covered, for 30 minutes. If the stuffing is still pretty wet, uncover the dish and bake for 5 to 10 more minutes until the top is golden brown and crispy.

ZUCCHINI ROLLS WITH SMOKED CASHEW CHEESE, GARLIC-CUCUMBER YOGURT, AND BLACKENED TEMPEH TRIANGLES

Notes:

Here we have a delicious culinary explosion by Mimi Loureiro of @xolokitchen.

Ingredients:

For the Tempeh

- 1 (8 oz) Tooties Tempeh, cut into triangles
- 1 whole onion sliced
- 8 cloves garlic
- 10 cremini mushrooms
- 3/4 cup olive oil
- 1 TBSP each cumin and coriander
- 1 whole chipotle pepper with sauce
- 1/3 cup tomato paste
- Salt and pepper to taste
- 2 TBSP tamari
- 2TBSP maple syrup

For the rolls

- 1 medium zucchini, thin sliced into strips (we used a wide peeler)
- 1 cup cashew cheese (homemade or store bought)

For yogurt sauce, mix together:

- 1/2 cup plant-based yogurt
- 1/4 cup finely shredded cucumber
- 1-2 garlic cloves-micro-planed
- 1 TSP lime juice & lime zest
- Salt to taste



Instructions:

1. To make a Confit, place the tempeh, onions, garlic, chipotle pepper, and mushrooms in a large piece of parchment paper inside an 8x8 baking pan. Mix the oil, spices, tomato paste, sauce from the chipotle, salt, and pepper together. Pour over the veggies and wrap the parchment up tight like a package.
2. Bake in the oven at 350F for 75 minutes. Once done, let cool. Save the onions, garlic, and mushrooms for another dish. Remove the tempeh and sauté it on high heat until charred in some of the oil from the confit, the tamari and maple syrup.
3. Roll the zucchini loosely so there's room to drop some cashew cheese into the middle of each one.
4. To plate, lay the yogurt sauce on the bottom of the plate. Place the zucchini rolls in the sauce and the tempeh triangles next to each roll. We garnished with pea shoots and Marigold pedals.

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We encourage recipe submissions and feedback. Please contact us if you have a recipe you'd like to share on #TempehTuesday as well as in the next update of this cookbook along with any comments to the recipes. We can be reached at info@tootiestempeh.com. At Tootie's, we're all about helping people discover how much fun they can have with tempeh and how delicious and nourishing it is. It's a food for the soul.

Note: None of the photos or recipes in this cookbook are copyrighted. You are encouraged to share them and this cookbook with others. The majority of the photos were not professionally photographed, so some may be a bit out of focus and could use a good food stylist. In the future, when we publish a printed cookbook, it will be professionally photographed/styled and the recipes will be tested and refined by experts.



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