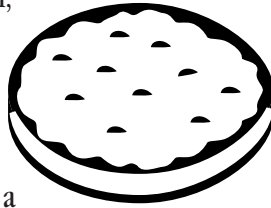


Tempeh

What is it?

Tempeh is a tender white cake of cooked soybeans that can be made of all soy or combined with grains, legumes and seeds. The solid cake is formed because of fermentation which binds the soy and other grains together. The texture of tempeh is firm, tender and chewy. High quality tempeh has a mild “mushroomy” or “yeasty” aroma and slices or cubes easily without crumbling. The flavor of soy tempeh is full-bodied. It can be a “star” in any kitchen because it cooks quickly and can be prepared in hundreds of ways, using all cooking methods.



- * baked, tamari flavored
- * smoked, cooked, marinated with herbs
- * tempeh burger
- * marinated tempeh burger
- * smoked strips

Can't find them? Consult your store manager.

What is high quality tempeh? Look for tempeh with soybeans and grains tightly bound. It should have a dry outside surface with a mushroom-like aroma.

In The Kitchen

Tempeh must be cooked, unless it is pre-cooked and ready-to-use when purchased. Just about any cooking method will work. This includes moist heat methods such as poaching, simmering, boiling or steaming. Dry heat methods work well also: tempeh may be baked, broiled, grilled, sautéed, and pan or deep-fried. As well, tempeh remains moist and tender when microwaved. Combine 8 ounces of tempeh with 3 tablespoons of water in a covered glass casserole dish. Microwave on high for five minutes.

Packaged tempeh will keep well for up to one year if kept frozen. Once thawed, tempeh will keep about 25 days in the refrigerator. When buying tempeh from a refrigerated case, make sure it has a “sell by” date.

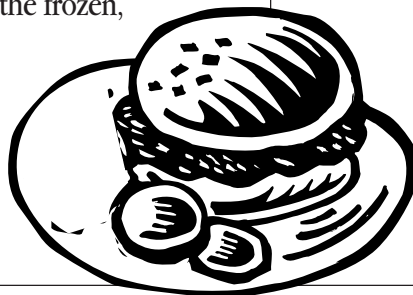
The Making of Tempeh

Tempeh originated in Indonesia, where today its production is still a vibrant cottage industry. More controlled manufacturing of tempeh occurs in the United States. Whole soybeans are cleaned and boiled to facilitate removing the hulls. Dehulled soybeans are soaked overnight, boiled in soak water, drained and cooled. The beans are inoculated with a starter, spread on trays, then covered and put in incubation under set temperature and humidity. Fermentation occurs in about eighteen to twenty four hours when the mold forms a white coating binding the soybeans together. The tempeh is then ready for packaging.

In The Market

American food manufacturers continue to make tempeh in many forms. Look for these types in natural food stores and larger supermarkets in the frozen, refrigerated or fresh produce section.

- * plain soy tempeh
- * soy with grains or rice
- * pre-cooked, ready-to-eat soy or soy grain/rice combo



Soyfoods!

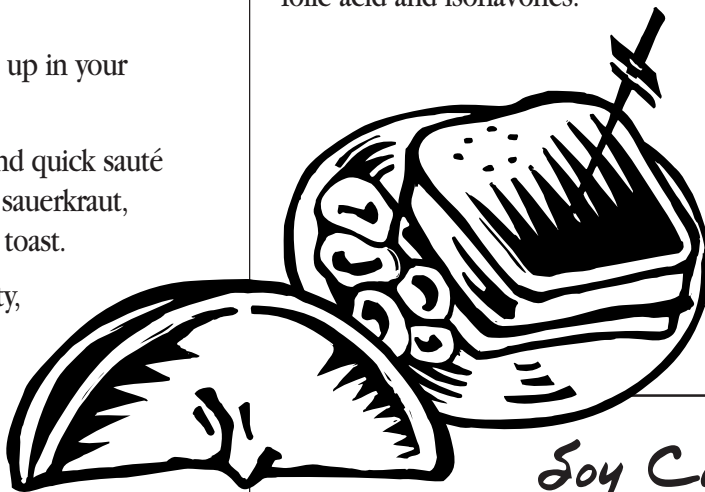
Good Taste, Good Health



Give Me Five

Quick ideas to start using tempeh

1. Marinate and use in place of meat or poultry for a fajita filling.
2. Use pre-cooked, smoked tempeh cut up in your favorite pasta salad.
3. For a great Reuben sandwich, slice and quick sauté tempeh, then top with Swiss cheese, sauerkraut, and Thousand Island dressing on rye toast.
4. Steam 8 ounces of tempeh, any variety, cool and grate. Mix with minced onion, celery, mayonnaise and favorite herbs and spices for a sandwich filling for pita pockets or on bread.
5. Add cubes of cooked or pre-cooked/flavored tempeh to a shish kabob.



Nutrition Highlights

A serving of soy tempeh is an excellent source of dietary fiber and soy protein. It is also a good source of folic acid and isoflavones.

Soy Cookbooks

The Natural Kitchen: Soy!

Dana Jacobi
Prima Publications, 1996

New Soy Cookbook

Lorna J. Sass
Chronicle Books, 1998

Soy Expressions: Common-Sense Ways to Small Food Bills

Margaret B. Salmon
Techkits, Inc., 1999

Soyfoods Cookery: Your Road to Better Health

Louise Hagler
The Book Publishing Co., 1996

Soy of Cooking

Marie Oser
John Wiley and Sons, 1996

The Tempeh Cookbook

Dorothy R. Bates
Book Publishing Co., 1984

Tofu & Soyfoods Cookery

Peter Golbitz
The Book Publishing Co., 1998

The Whole Soy Cookbook

Patricia Greenberg
Three Rivers Press, 1998

Nutrition Facts

1/2 cup tempeh provides		% Daily Value
Calories	165	
Total fat	6 g	10%
Saturated fat	1 g	5%
Total Carbohydrates	14 g	5%
Protein	16 g	
Cholesterol	10 mg	0%
Sodium	5 mg	0%
Dietary fiber	7 g	18%
Calcium	77 mg	8%
Potassium	305 mg	
Phosphorous	171 mg	
Folate	43 mcg	

Source: USDA Nutrient Database Standard Reference Release # 12 (March 1998)

Average Total Isoflavones 53 mg

Source: USDA -Iowa State University Database on the Isoflavone Content of Foods, 1999, USDA Nutrient Data Laboratory Agricultural Research Service

Exchanges: 2 medium-fat meat/meat substitutes

Source: based on information from Exchange Lists for Meal Planning, revised 1995, The American Diabetes Association/The American Dietetic Association