



FERMENTATION ILLUSTRATED

No. 1

Tempeh Demystified

INGREDIENTS: SOY BEANS, RHIZOPUS OLIGOSPORUS
TOOLS: POT, BLENDER, HAIRDRYER, ZIPLOC BAGS, OVEN/DEHYDRATOR
"Okay y'all, people think tempeh is complicated,
so here it is." - Barry Schwartz

HOW TO MAKE YOUR OWN FRESH SOY TEMPEH (and the best you ever had).



Start with Soybeans and move on to other grains and legumes after you've mastered soy, the most forgiving & traditional of the beans.

MUNG



Adzuki



NAVY



RICE



buckwheat

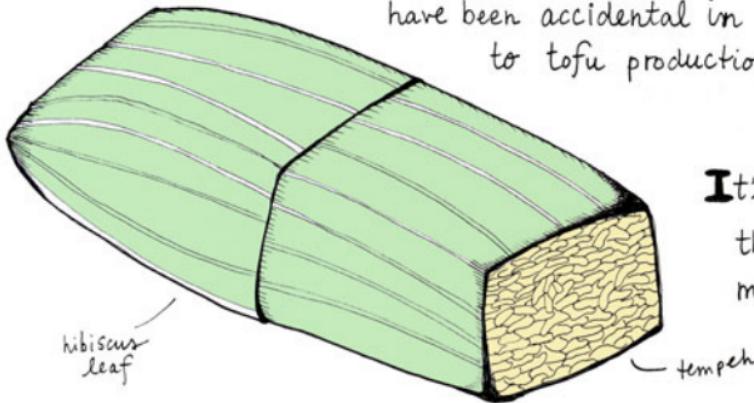
quinoa



A BRIEF HISTORY

Tempeh is originally from Indonesia. Its earliest reference dates back to 1815, in the *Serat Centhini*, a book of Javanese tales & teachings.

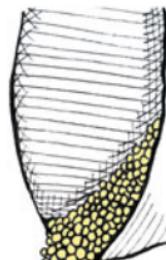
The discovery of tempeh is believed to have been accidental in connection to tofu production in Java.



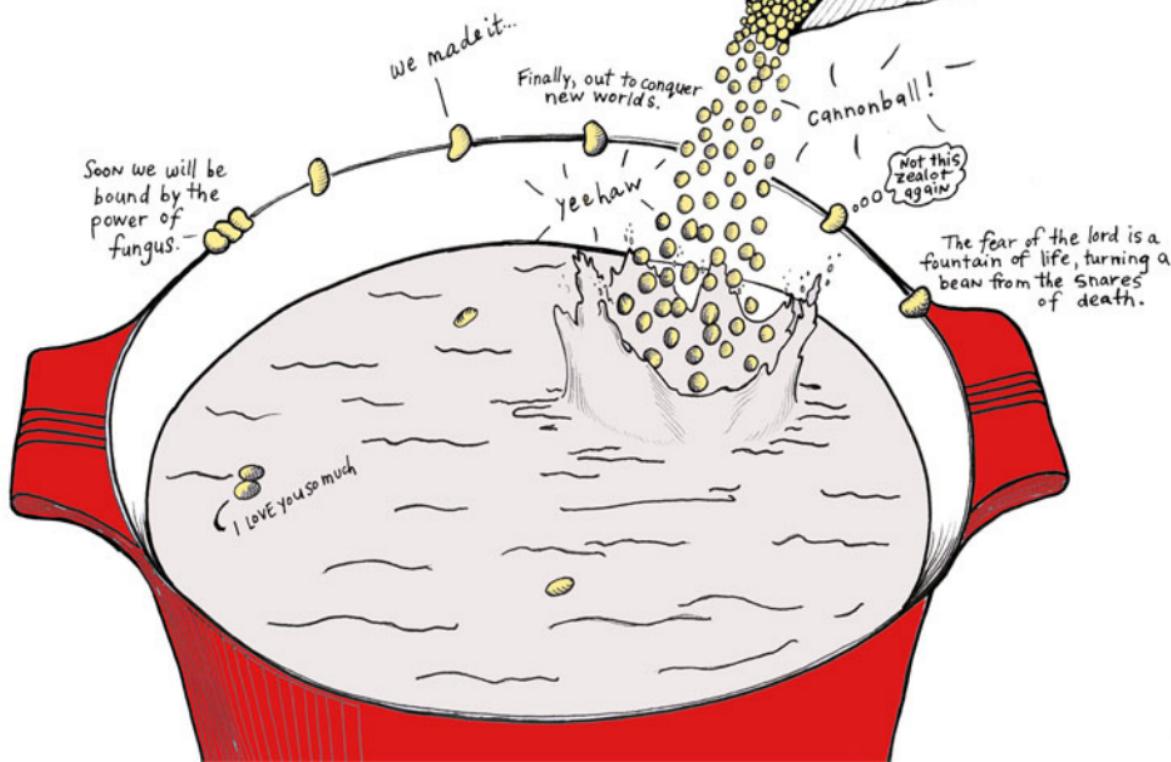
It's linked to the word **tapai**, which means "fermentation" in Javanese.

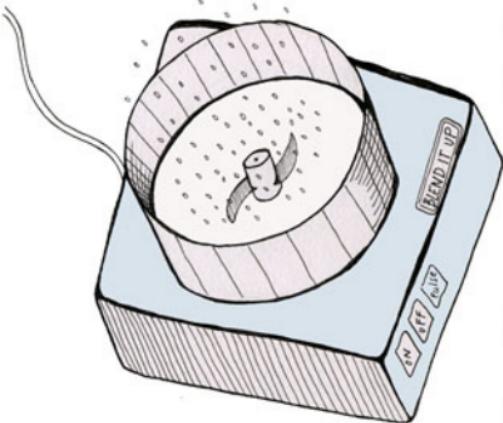
Tempeh is traditionally fermented in hibiscus leaves, where the fungus *Rhizopus Oligosporus* thrives in the **WILD**.

Start with a bunch of beans, about 2 pounds worth. Soak the beans overnight.



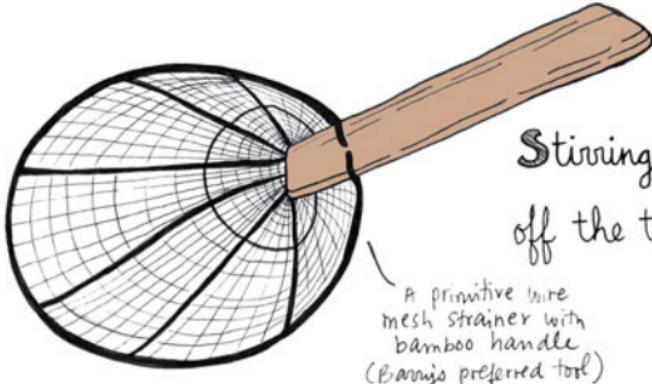
SOY BEANS!





After the soak, pulse the beans in a blender and chop them to a quarter of the original size.

Cook beans with one cup of vinegar in boiling water for 45 minutes, until al dente.



Stirring occasionally, skim the bean hulls off the top of the water with a slotted spoon

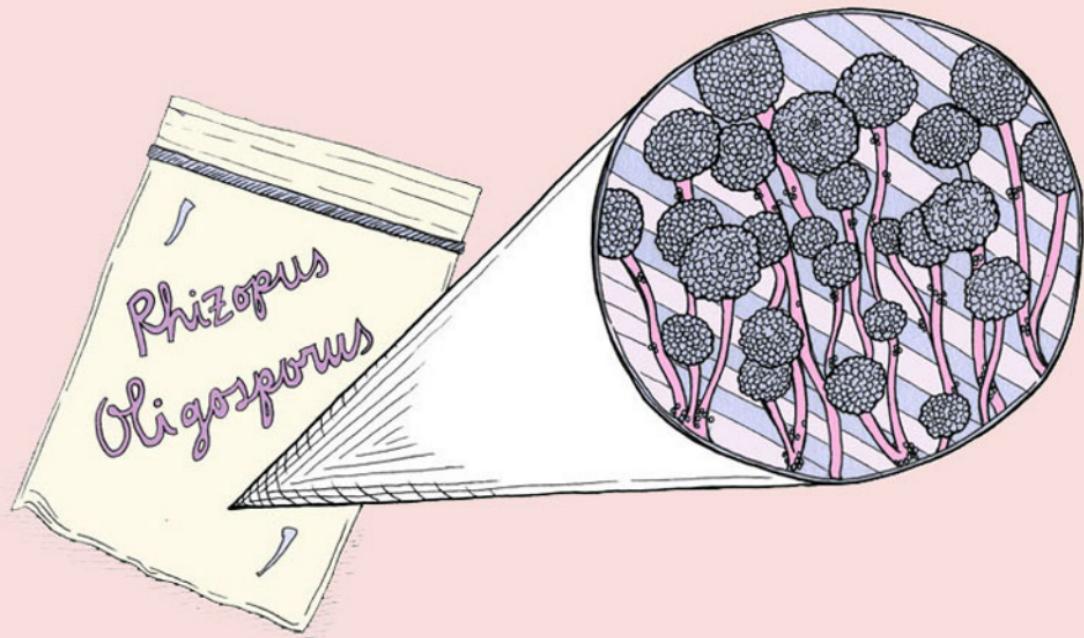
A primitive wire mesh strainer with bamboo handle
(Bamboo preferred tool)



Drain the beans and put them back into the pot.

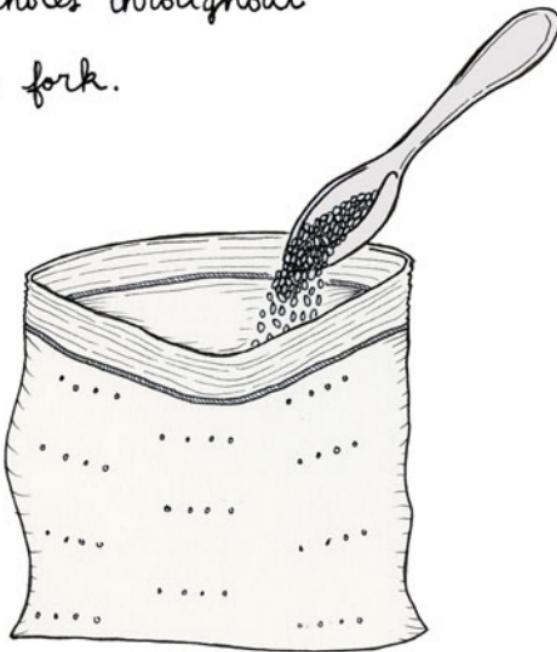
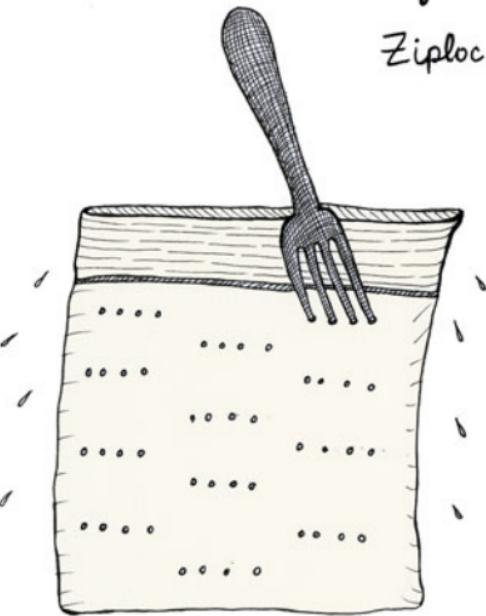
Using a hairdryer, dry the beans for 15-20 minutes. They should be damp – not too dry and not too wet.

Once the beans are below 87°F, introduce your starter culture



Stir well to distribute evenly

To allow air flow, puncture holes throughout Ziploc bags with a fork.



Fill the bags with your pre-tempeh.

Then press flat with
your hand...



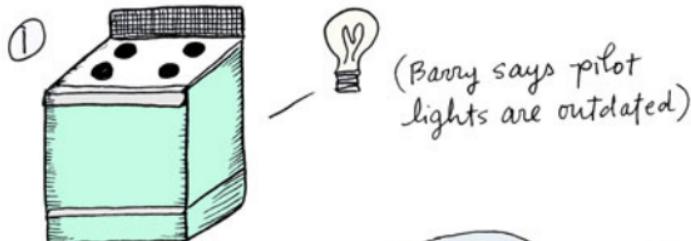
so the beans have
full contact.

INCUBATE

: keep your tempeh at roughly 87°F for 24 hours

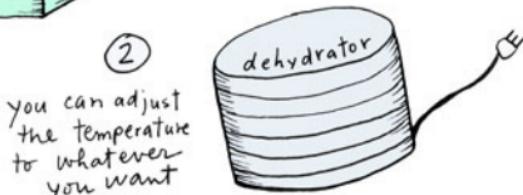
Simple

oven with light bulb



efficient

get a dehydrator



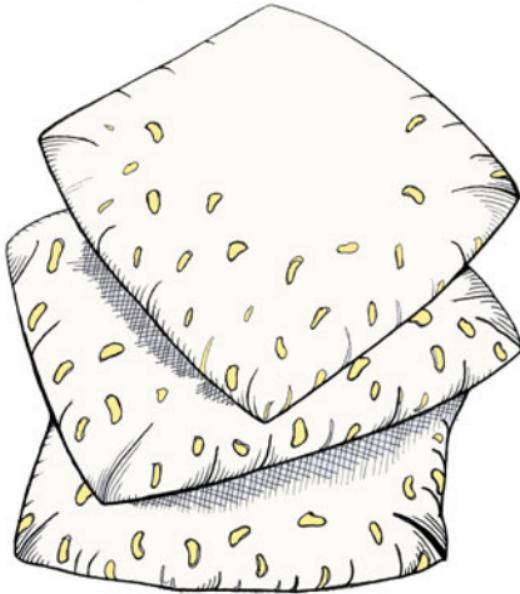
do-it-yourself

cooler with hot water bottles



After 12-18 hours tempeh creates its own heat. Monitor the temperature to prevent its death mission.

24 to 32 hours later the tempeh should be **FIRM** and ready to prepare.



Yes to
black spots!

That's
SPORULATION

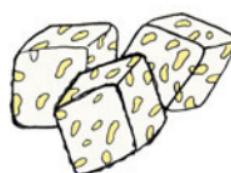
Refrigerate and use within 3 days or store in the freezer.

This storage method will keep your tempeh **ALIVE**.

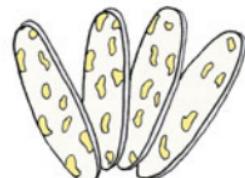
Barry's Tempeh Marinade

$\frac{1}{4}$ C each of
SALT
GARLIC
CORIANDER

1 qt WATER



tempeh
cubes!



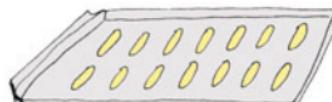
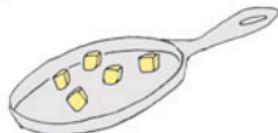
tempeh as
peacock feathers

Marinate for 2 to 4 hours.

Sauté in a pan at 350°
for 2 minutes with a
high heat oil.

OR

Bake in your oven
at 350° for 40 minutes.



illustrated by

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in collaboration with

Barry Schwartz of

