

Sliced Bacon **TEMPEH**



INGREDIENTS:

The Brinery's Tempeh 1 block, thawed

olive oil 1/4 cup

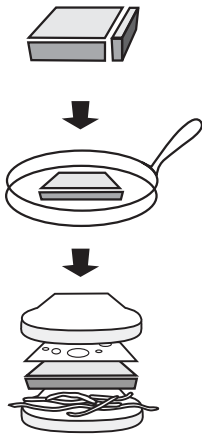
Whitney Farmstead maple syrup

1/4 cup

balsamic vinegar 1/4 cup

tamari (or soy sauce) 1/4 cup

liquid smoke 1/4 cup



1. THAW, SLICE & MARINATE.

Thaw tempeh and thinly slice into strips shortwise on the tempeh block. It is possible to slice when still somewhat frozen. The strips should be about an 1/8 inch wide. Mix your marinade ingredients in a medium sized mixing bowl with a fork or whisk. Place your tempeh slices in a container that has a lid you can seal. Pour all of your marinade over the strips and cover with lid. Ideally, marinate your tempeh for 24 hours or overnight. It is possible to let marinade for 20 minutes, just be sure to cook with more of the marinade liquid.

2. COOK TEMPEH:

Heat olive oil on medium-high in a skillet and sauté tempeh for 2-4 minutes on each side, until each piece is golden brown and crisp.

3. ENJOY!

We often enjoy our tempeh as is. You will have trouble not snacking on all of it. Snack away! This is a high protein snack to have in the fridge. This recipe is great for breakfast sandwiches, along side your pancakes or as a bacon replacement on your B.L.T.

What is **TEMPEH?**



Unearthed centuries ago on the island of Java, Indonesia, tempeh is a cultured, whole food traditionally made from soybeans. Tempeh's fermentation process uses a culture that thrives in the tropical Indonesian climate, creating a firm and versatile loaf that is highly nutritious and unbelievably tasty.

Using age-old fermentation techniques, our unpasteurized product is made from organically grown, non-GMO beans and grain locally sourced from Michigan. Our small-scale batches result in tempeh with a superior nutty flavor, meaty texture, and unparalleled freshness.

About Our **PROCESS**



We create our artisanal tempeh by first fermenting organic beans and grains via a simple soak. Next, these ingredients are cooked, inoculated with a pure *Rhizopus* culture, and incubated in a climate similar to Indonesia. During incubation, the culture blooms to encase the beans and grains in a white, firm loaf. Finally, our tempeh is frozen fresh—raw and unpasteurized—for the best taste possible.



BENEFITS

Our twice fermentation process results in a whole food that is packed with accessible nutrients and easily digestible. Tempeh is a high protein, high fiber, and low in fat option for vegetarians and omnivores alike. It's also full of health-promoting phytochemicals!



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HANDLING INSTRUCTIONS: As an unpasteurized product, our tempeh **MUST BE KEPT FROZEN** and is best used within 6 months. Thaw tempeh overnight in a refrigerator or on a counter for 3-4 hours. Once thawed, it keeps in the refrigerator for 5 days.