

Some delicious tempeh recipes.....

Lemongrass and Ginger Tempeh

Ingredients

1 pack (227g) Impulse Foods Tempeh
2 small leeks
1 can (14oz) unsweetened coconut milk
1 medium red pepper
2 stalks celery
8 oz button mushrooms
handfull of fine beans
2 heaped desert spoons of chopped fresh coriander
1 tablespoon of good quality shoyu
half-inch of fresh grated ginger
large stalk of lemongrass
clove of garlic
squeeze of lime juice
peanut oil

Method

Chop the tempeh into cubes and fry in a little peanut oil until brown and speckled all over. Set aside.
Chop the leeks very finely, including some green section, and sweat in the remains of the oil with the crushed or chopped garlic for five mins.
Cut the lemongrass in two, and add to the pan, together with the coconut milk, the roughly chopped red pepper, the finely sliced celery and the ginger.
Bring to the boil, and simmer for ten minutes.
Add the sliced mushrooms, fine beans and tempeh, and cook for another five minutes..
Remove from the heat.
Add the fresh coriander, together with a little lime juice and shoyu to taste.
Remove the lemongrass and serve over noodles or rice. Delicious!

Garlic Tempeh Dip

Ingredients

227/8oz block of Impulse Foods Tempeh
45ml/2 fl ozs oil
1 tbsp lemon juice
1 clove of garlic
Half tsp salt
Half cup water

Method

Steam the Tempeh for 20 minutes
Chop and combine all the ingredients in a liquidiser and blend until smooth.
Serve the dip with wholemeal biscuits, or strips of fresh vegetables

Spicy Tempeh Patties

Ingredients

4oz (115g) Impulse Foods tempeh -
grated or mashed
6oz (170g) cooked millet
2 tsp tomato puree
2oz (55g) minced onion
1 tsp cumin
1 tsp
½ tsp salt
1 tsp turmeric
Juice of ½ lemon
½ tsp paprika
½ tsp chilli powder OR
1 small chilli - finely chopped

Method

1. Mix all the ingredients together in a bowl until well blended.
2. Shape into patties.
3. Lightly fry until golden brown.

IMPULSE FOODS

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