

Tofu & Tempeh



YOUR PATH TO WELLNESS

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Recipes

Tofu and Tempeh

The Chicken Way

Prep Time: 15 minutes

Cooking Time: 40 minutes

Yield: 4 servings

Ingredients:

- 1 pound firm tofu
- ¼ cup olive oil
- ½ cup nutritional yeast flakes
- ½ cup powdered “unchicken” broth
- 2 tablespoons fresh parsley, minced
- 1 lemon, sliced into thin quarter moons

Directions:

1. Preheat oven to 350 degrees.
2. Cut tofu into 8 slices.
3. Pour olive oil into a soup bowl.
4. Mix yeast and broth in another soup bowl.
5. Make an assembly line from left to right, in this order: tofu, olive oil bowl, yeast-broth bowl, cookie sheet.
6. Dip a slice of tofu in the olive oil.
7. Coat the tofu in the yeast-broth mixture.
8. Place the tofu on cookie sheet.
9. Repeat with remaining slices.
10. Bake 30-40 minutes, or until the tofu is golden brown.
11. Garnish with parsley and a lemon slice.

Note:

- This vegan dish is popular with adults and kids and particularly with people who don’t think they like tofu.



Recipes

Tofu and Tempeh

Marinated Baked Tofu

Prep Time: 10 minutes

Marinade Time: 2-3 hours

Cooking Time: 20 minutes

Yield: 4 servings

Ingredients:

- 1 pound extra firm tofu
- 1 cup sesame oil
- ¼ cup tamari
- 1 tablespoon paprika
- 1 tablespoon sesame seeds
- ½ teaspoon ground ginger
- 1 teaspoon garlic powder

Directions:

1. Slice tofu into 4 1-inch slices.
2. Combine sesame oil, tamari, paprika, sesame seeds, ginger and garlic.
3. Combine until well blended.
4. Marinate tofu 2-3 hours, or overnight in the fridge.
5. Remove tofu from marinade.
6. Bake at 350 degrees for 20 minutes or until done.

Note:

- Serve over brown rice with some leafy greens on the side.



Recipes

Tofu and Tempeh

Marinated Tempeh

Prep Time: 5 minutes

Marinade Time: 30 minutes hours

Cooking Time: 10 minutes

Yield: 2 servings

Ingredients:

- 1 8-ounce package tempeh
- 1 tablespoon ginger juice
- 1 tablespoon tamari
- 1 teaspoon prepared mustard
- 2 tablespoons water

Directions:

1. Cut tempeh into quarters and then again into eighths.
2. Combine ginger juice, tamari, mustard and water and pour over tempeh.
3. Cover and refrigerate for at least 30 minutes.
4. Bake at 350 degrees for 20 minutes and then turn and bake for another 15 minutes.



Recipes

Tofu and Tempeh

Very Versatile Mashed Tempeh

Prep Time: 10 minutes

Cooking Time: 30 minutes

Finishing the Dish: 5 minutes

Yield: 2 servings

Ingredients:

1/2 cup arame
8 ounces tempeh
1/2 small onion, finely diced
1/2 cup water
1/2 cup finely chopped celery, 1 or 2 stalks
2 tablespoons tahini
1 tablespoon ginger juice
1 tablespoon fresh lemon juice
Sea salt to taste

Directions:

1. Rinse arame and soak for 2 minutes.
2. Place tempeh, onion and arame in a pot.
3. Add water and bring to boil, reduce heat to low and cook for 30 minutes, stirring occasionally.
4. When done cooking drain any excess water through a strainer and transfer to a mixing bowl.
5. Mash with fork.
6. Add celery, tahini, ginger juice and lemon juice.
7. Mix well and add salt to taste.

Notes:

- For an extra kick, add 1/2 a diced pear and a few splashes of umeboshi vinegar.
- Use the mashed tempeh to make a sandwich on whole grain bread or use as a filling for a wrap by putting a scoop inside a collard leaf or sheet of nori and rolling it up.



Recipes

Tofu and Tempeh

Millet Tofu Patties

Prep Time: 5 minutes

Cooking Time: 40 minutes

Yield: 4-6 servings

Ingredients:

1 teaspoon olive oil
1 medium onion, chopped
1 clove garlic, minced
1 cup millet, rinsed
3 cups boiling water or vegetable stock
½ pound firm tofu
1 cup mustard greens, chopped
1 tablespoon tamari
Cayenne pepper, as desired

Directions:

1. Heat oil in a pot.
2. Add onions and garlic and sauté for 3 minutes.
3. Stir in millet and fry until millet is lightly colored.
4. Pour boiling water or stock over millet, cover pot, lower heat and cook on medium-low 20-30 minutes or until liquid is absorbed.
5. Allow millet to cool briefly.
6. Combine cooked millet, tofu, mustard greens, tamari and cayenne in a food processor.
7. Process until desired consistency is reached.
8. Spread mixture on a baking sheet and chill thoroughly.
9. Preheat broiler. Cut mixture into 8 squares.
10. Broil on each side until golden brown.



Recipes

Tofu and Tempeh

Tempeh Croutons

Prep Time: 10 minutes

Cooking Time: 45 minutes

Yield: 4 servings

Ingredients:

1 package tempeh

½ cup olive oil

½ cup apple cider vinegar

2 tablespoon shoyu

Directions:

1. Slice tempeh into bite-size cubes.
2. In a bowl, mix together the oil, vinegar and shoyu.
3. Add tempeh and mix well.
4. Place tempeh in a baking dish or on a cookie sheet and bake at 325 degrees until golden brown, about 45 minutes.
5. Let cool and serve in your favorite salad.



Recipes

Tofu and Tempeh

Tempeh Reuben Sandwich

Prep Time: 10 minutes

Cooking Time: 10 minutes

Yield: 2 servings

Ingredients:

- 4 slices whole grain bread
- 2 tablespoons Russian dressing (see sauces and dressings section)
- 1 recipe marinated tempeh (see above)
- 3 tablespoons sauerkraut
- 2 slices Swiss cheese
- 2 teaspoons olive oil

Directions:

1. Spread Russian dressing on two slices of bread.
2. Top each slice with half of the tempeh, sauerkraut, cheese and then another slice of bread.
3. Heat olive oil in a large pan and fry sandwich on each side 2-3 minutes until cheese melts and bread is a little browned.



Recipes

Tofu and Tempeh

Tasty Tempeh Sandwich

Prep Time: 5 minutes

Cooking Time: none

Yield: 1 serving

Ingredients:

2 slices whole grain sourdough bread

3 tablespoons mustard

3 tablespoons sauerkraut

Cooked marinated tempeh slices

½ cup blanched mustard greens, or other greens of your choice

Directions:

1. Spread each slice of bread with a thin layer of mustard.
2. Place sauerkraut, tempeh and greens between bread slices and enjoy.

Note:

- Use store-bought tempeh burgers to make it even easier.



Recipes

Tofu and Tempeh

Tofu Stir-Fry

Prep Time: 10 minutes

Marinade Time: 30 minutes

Cooking Time: 15 minutes

Yield: 4 servings

Ingredients:

- 1 pound firm tofu
- 2 to 3 tablespoons olive oil
- 2 tablespoons sesame oil

Marinade:

- 1 tablespoon ginger juice
- 1/2 tablespoon tamari soy sauce
- 1/2 cup brown rice vinegar
- 1/2 cup toasted sesame oil
- 1/2 cup chopped fresh cilantro
- 2 cloves shredded garlic

Directions:

1. After draining, cut tofu into 1-inch squares.
2. Combine ginger juice, tamari, vinegar, oil, cilantro and garlic in a medium-sized bowl.
3. Add tofu to marinade and refrigerate for at least 30 minutes or overnight.
4. Heat olive oil and sesame oil in a skillet.
5. Add tofu and quick stir-fry until tofu becomes golden brown.

Notes:

- Try pressing the tofu 15-60 minutes. This will increase the ability of the tofu to absorb flavor and will make the tofu crispier. To press tofu, place it in a strainer over a bowl. Cover tofu with a plate and place a heavy object on top, pressing the tofu.
- To make ginger juice, grate about 2 inches of ginger into a piece of cheesecloth or a dishtowel. Wrap the cloth or towel around the ginger and squeeze into bowl.



Recipes

Tofu and Tempeh

Tofu Teriyaki

Prep Time: 10 minutes

Marinade Time: 30 minutes

Cooking Time: 30 minutes

Yield: 4 servings

Ingredients:

½ cup tamari
2 tablespoons fresh ginger
2 tablespoon fresh lemon juice
2 teaspoons honey
2 teaspoons grated lemon rind
1 pound extra firm tofu, cut into ½ inch slices
½ cup whole wheat pastry flour
Black pepper to taste
2 or more tablespoon olive oil

Directions:

1. Combine tamari, ginger, lemon juice, honey and lemon rind in a small bowl.
2. Place tofu slices in a single layer in a baking pan and pour marinade over them.
3. Turn to coat.
4. Allow tofu to marinate at least 30 minutes, or up to two hours in the fridge.
5. Remove tofu and reserve marinade.
6. Combine flour and pepper on a plate.
7. Dip tofu slices into flour mixture, turning to coat.
8. Heat oil in a large frying pan.
9. Brown tofu in oil, about 5 minutes per side, adding oil as needed.
10. When all slices are browned, add reserved marinade and simmer 10 minutes.

Note:

- Add in some steamed or blanched veggies, such as carrots, cauliflower or broccoli in the last few minutes of cooking.