

Tempeh Bacon

Swick

Serves 1 | Active Time: 45 minutes | Total Time: 2 hours

Steaming the Tempeh

To prepare the tempeh, in a steamer or steamer basket, heat the tempeh for 15-20 mins, then let cool. Slice into 1/4-inch strips, place in a shallow baking dish and set aside.

Step 1: Steaming the Tempeh

- 1 8-ounce package tempeh

Step 2: Preparing the Marinade

- 1 tsp garlic, minced
- 1/4 cup tamari or soy sauce
- 2 tsp liquid smoke (mesquite preferred)
- 3 tbsp maple syrup
- 1 tbsp onion granules
- pinch of sea salt
- freshly ground black pepper

To prepare the marinade, in small bowl add the garlic, tamari, optional liquid smoke, maple syrup, onion granules, sea salt and freshly-ground black pepper.

Whisk well and pour marinade over the tempeh strips. Allow to marinate overnight, or gently place in a seal-able bag, vacuum seal and allow to marinate for at least 2 hours or overnight in the refrigerator.

Step 3: Frying the Tempeh Bacon

- 1 to 3 tbsp oil for frying

Heat a fry pan over medium heat. Once hot, add the oil, followed by the tempeh. Let cook for a few minutes and then flip and cook on the other side until golden brown and heated through.