

Tempeh Crumble

Swick

Makes 1 cups | Active Time: 15 minutes | Total Time: 15 minutes

Step 1: Braising the Tempeh

- 1 - 8 oz pkg tempeh
- 3 tbsp soy sauce or tamari
- 3/4 cup water
- 1/4 tsp garlic granules
- 1/4 tsp onion granules
- 1/2 tsp Poultry Seasoning*

To prepare the tempeh, place the block of tempeh into a pot just big enough to fit the tempeh and then add the soy sauce, spices, and water. The liquid should just cover the tempeh.

*Note: Dried sage, oregano, or thyme, or any combination can be used instead of the poultry seasoning.

Next, bring the mixture to a gentle boil and then reduce the heat and let gently simmer for approximately 15 minutes.

Once done, turn off the heat and let cool slightly.

Step 2: Preparing the Tempeh for Cooking

- 1 1/2 tsp Poultry Seasoning
- 1/2 tsp onion granules
- 1/2 tsp garlic granules
- 1/4 tsp smoked paprika
- 1/4 tsp freshly ground black pepper

Once the tempeh is cool enough to handle, break, or crumble into smaller pieces. The size of the pieces ultimately comes down to personal preference and what the crumble is intended to be used for. For example, you may want bigger pieces to use as a topping on a salad or you may want smaller pieces to use as part of a filling for a burrito, etc.

Next, mix the crumbled tempeh with the spices and toss to coat.

*Note: If you do not have any poultry seasoning you can substitute with 1 teaspoon thyme, 1/2 teaspoon of sage, and 1/2 tsp of dried oregano.

Step 3: Cooking the Tempeh

- 1 to 2 tbsp oil (avocado, grapeseed or olive oil)
- 1 tbsp soy sauce or tamari
- 1 to 2 tbsp nutritional yeast
- sea salt, to taste
- freshly ground black pepper, to taste

To cook the tempeh, heat a large frypan over medium to medium-high heat. Once hot, add the oil, followed by the tempeh. Let the tempeh fry for a few minutes and then toss.

Continue to fry the mixture until the tempeh has evenly browned. If at any point the mixture seems dry, add a touch more oil.

Note: If baking the tempeh in the oven, preheat the oven to 425°F (220°C). Season the tempeh with the spices and then lightly coat it with a bit of oil (or spray it with a bit of non-stick spray). Bake the tempeh for approximately 8 to 12 minutes, or until it has started to crisp around the edges and turn a nice dark golden color. The time will ultimately depend on how big the tempeh was crumbled, your oven, etc.

Lastly, turn off the heat (or remove it from the oven) and then add the soy sauce and nutritional yeast. Toss to coat the tempeh and then taste for seasoning.

Chef's Notes

Feel free to play with the combinations of spices to tailor this crumble to the dish you are making. For example, looking to use it with some pasta, maybe add some dried fennel seeds or other Italian seasonings. Looking for Mexican flavors, add a bit of chili, chipotle powder, or a bit of ground cumin.