



Soy-Free Tempeh STARTER CULTURE INSTRUCTIONS

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You can make delicious soy-free tempeh!

Total time: 48-90 hours (2-4 days) ★ **Active time:** 1-2 hours

YOU CAN DO THIS

This soy-free tempeh starter can be used to culture a variety of types of beans including mung, adzuki, black beans, and garbanzo. Naturally cultured, tempeh is an excellent replacement for meat in many recipes.

Instructions for Making Tempeh

- 1 Measure** 2 cups of dry beans and de-hull them: see the box →
- 2 Boil** the de-hulled beans for 20 minutes to 1 hour or until just tender. If using a mixture of beans, cook each type separately. **Discard** the cooking water.
- 3 Dry** the beans by patting them with a clean towel or using a hair dryer on low heat. Beans must be dry to the touch before continuing.
- 4 Place** the beans in a dry bowl. **Cool** to lukewarm, 95°-98°F.
- 5 Add** 2 tablespoons of distilled white or rice vinegar; **mix** well.
- 6 Add** 1 packet of tempeh starter; **mix** well.
- 7 Spread** the beans 1-1½ inches thick in a vented container. (You can use a plastic bag with pin holes spaced 1 inch apart.)

What You'll Need

- Tempeh starter culture (in this box)
- Dry beans of choice
- 6-8 quart pot
- Towel or hairdryer
- Bowl and colander
- Distilled white or rice vinegar
- Thermometer
- Dehydrator or insulated container and heating pad



8 Culture at 85°-91°F for 24-48 hours. **Verify** the temperature using a thermometer placed in the beans, rather than next to them.

HOW TO DE-HULL BEANS

- 1. Soak** the beans in fresh water overnight or for 10-12 hours. *The beans may triple in size, so use a large pot and plenty of water. If using a mixture of beans, soak each type separately.*
- 2. Massage** the beans with your hands and keep working until the beans are all split. The hulls will float to the top.
- 3.** Use a colander to **drain** out the water. It may take several rinses to remove the hulls.

HOURS 0-12
85°-91°F
Maintain heat using a dehydrator. Or, if using an insulated container, put a heating pad near the beans.

Start date and time: _____

HOURS 12-24
The fermentation should cause the beans to generate their own heat at this point. When this occurs, **reduce or eliminate** the external heat source.

Check at this time: _____

HOURS 24-36
After 24 hours, white spores will begin to cover the surface of the beans and will continue to grow through the bean mass.

Check at this time: _____

HOURS 36-48
After 36-48 hours, when the beans have become a firm mass held together by the white spores, the tempeh is finished. This can take up to 4 days.

Check at this time: _____

Storage Info: Store in a sealed container for up to 10 days in the fridge or 2 months in the freezer. →

Recipe: Fried Tempeh Appetizer

For your next get-together, how about a large platter of tempeh with a selection of cultured dips? This recipe will please even the pickiest of eaters.



WHAT YOU'LL NEED

- Homemade tempeh (as much as you like)
- Oil for frying
- Frying pan
- Paper towel-lined plate

INSTRUCTIONS

- 1. Cut** the tempeh into 1-inch cubes.
- 2. Heat** the oil in the pan to 375°F or until a cube dropped in sizzles and rises.
- 3. Fry** the tempeh in small batches until golden brown on the edges. **Drain** on a paper-lined platter.
- 4. Add** the fried tempeh to your favorite recipe.

To serve appetizer style, arrange the fried tempeh on a clean platter with toothpicks or small forks. Set out your bowls of dressings and dips.

TEMPEH TIP

Did your tempeh come out too crumbly to fry? Use it in place of ground meat in your favorite recipes!

Questions? We can help!

Q *My tempeh dropped below culturing temperature overnight. Do I need to start over?*

A Tempeh is quite tolerant. Raise the temperature again to 86°F-90°F and continue to culture the tempeh. Check the temperature frequently to verify it is not getting too warm.

It's not unusual for there to be a bit of a learning curve when making tempeh. **If your first batch doesn't turn out, just try again.**



Q *My tempeh has been culturing for 48 hours but is not finished. What's going on?*

A Some beans that are larger than soybeans take longer to culture. It is important to remove most of the hulls, cook until firm, and dry the beans well. Be sure to allow some airflow to the culturing beans. Finally, check the temperature and keep culturing for up to 72 hours.



If your starter isn't performing as expected, don't throw it away! Put a tight lid on your culture, store it in the fridge, and contact customer support: www.culturesforhealth.com

Q *Can I use my yogurt maker to make tempeh?*

A No. Yogurt makers get far too warm to make tempeh. Try our tips for keeping tempeh at the right temperature: www.culturesforhealth.com/incubating-tempeh

Q *My tempeh is slimy! What happened?*

A Slimy tempeh is likely caused by temperatures above 91°F during fermentation or too much moisture. We recommend discarding it and trying again.

WANT MORE?

We have dozens of recipes, how-to videos, and articles for beginners and tempeh pros on our website, www.culturesforhealth.com

Fermented foods often have a sour but clean aroma and flavor. **Never consume anything that smells or tastes unpleasant.**

