

How to Make Tempeh

Originating in Indonesia, tempeh is a minimally processed food made from whole soybeans. It is the major daily protein source for hundreds of millions in Southeast Asia and has no cholesterol. The nutty, savory flavor blends well with a wide range of recipes. Produced from fermentation, tempeh contains easy to digest nutrients and is a good source of calcium.

Yield: Makes two cakes, approximately 14 oz / 400 g each.

Timing: 12 hours to soak the beans, 45-60 minutes to dehull and split the beans, 30-45 minutes to cook the beans, and 24-48 hours in the Folding Proofer.

Ingredients	By volume	By weight
Soybeans, whole, dried	2 C / 480 ml	340 g / 12 oz
Vinegar, white, distilled	2 T / 17 ml	30 g / 1 oz
Tempeh starter*	1 tsp	3.4 g / 0.12 oz

*Tempeh starter, also called powdered tempeh starter or tempeh culture, is a dried mixture of live *Rhizopus* spores with substrate, which can be soybeans or rice.

Equipment: Brød and Taylor Folding Proofer & Slow Cooker, large bowl, colander, one 4-quart / 4-liter pot, 2-quart / 2-liter size clear plastic bags, and a skewer.



Soaking the Soybeans. Place the rinsed soybeans into a large bowl and cover them with enough water to submerge all the beans. Soak the beans overnight for 12 hours. The beans can triple in size.

Dehulling and Split the Soybeans. The hulls need to be removed in order for the spores to inoculate the beans. Use your hands to work the beans. Swirl the water and drain into a colander in the sink. Refill the bowl. The hulls will start to float to the top. Repeat the process until the majority of the beans are split and hulls removed.

Cooking the Soybeans. Simmer the beans partially covered for about 30-45 minutes until tender.

Drying and Cooling the Cooked Soybeans. Drain the cooking water. Dry the beans by patting with a clean towel and let them cool to below body temperature.

Note: Keeping the tempeh too moist as it cultures is the most common reason for spoilage; therefore, make sure that the beans are dry to the touch before continuing.

Adding the Vinegar. Place the beans in a dry, clean bowl. Add the vinegar and mix well. The acid from the vinegar helps to prevent the growth of unwanted bacteria.

Adding the Tempeh Starter. Sprinkle the tempeh starter over the beans and mix well to evenly distribute the starter throughout the beans.



Putting the Soybeans in Plastic Bags. Put the beans in clear plastic bags that are 1-1.5" / 2.5-4 cm thick. Prick holes in the bags to create air vents at 1" / 2.5 cm intervals using the skewer. This will allow the mold to breathe.

Culturing the Soybeans at 88 °F / 31 °C for 24-48 Hours. Place the bags in the Proofer. After 24 hours, white spores will begin to cover the surface of the beans and will continue to grow.

Checking after 12 Hours. The fermentation will cause the beans to generate their own heat and you may want to lower the Proofer temperature after 12 hours. Use a thermometer to check the actual tempeh temperature to be sure.

Stopping the Fermentation. After 24-48 hours, when the beans have become a firm mass held together by the white mycelium, the tempeh is finished. It should smell nutty and mushroomy; you may also see some black or grey spots near the air holes but they are nothing to be alarmed about.