



# TEMPEH

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## Tempeh & Soy-Free Tempeh



TIPS, TRICKS, AND EVERYTHING  
YOU NEED TO MAKE IT YOURS!

# WHAT YOU NEED

## Ingredients

- Tempeh starter culture  
(in this box)
- Dry soybeans or other dry beans of choice
- Distilled white or rice vinegar

## Equipment

- 6-8 quart pot
- Towel or hairdryer
- Bowl and colander
- Thermometer
- Dehydrator or insulated container and heating pad

# MAKING TEMPEH

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1. Measure 2 cups of dry beans and de-hull them

## **How to de-hull beans**

i. 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.

ii. Massage the beans with your hands and keep working until the beans are all split. The hulls will float to the top.

iii. Use a colander to drain out the water. It may take several rinses to remove the hulls

2. Boil the de-hulled beans for 1 hour. 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.

## MAKING TEMPEH

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4. Place the beans in a dry bowl. Cool to lukewarm, 95-98°F.
5. Add 2 Tbsp. of distilled white or rice vinegar; mix well.
6. Add 1 packet of tempeh starter; mix well.
7. Spread the beans 1½ inches thick in a vented container. You can use a plastic bag with pin holes spaced 1 inch apart.
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.

# MAKING TEMPEH

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## **Hours 0-12: 85-91°F**

Maintain heat using a dehydrator. Or, if using an insulated container, put a heating pad near the beans.

## **Hours 12-24**

The fermentation should cause the beans to generate their own heat at this point. You will notice a sudden increase in temperature.

**Important:** When this occurs, place beans on a cooling rack at room temperature (something that allows airflow).

## **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.

## **Hours 36-48**

After 36-48 hours, when the beans have become a firm mass held together by the white mycelium, the tempeh is finished. This can take up to 4 days. Black spores may form around air holes and that's ok!

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