



# TEMPEH

Tempeh is a traditional Indonesian food that was first created over 400 years ago! It's made by fermenting whole soybeans. It's slightly higher in protein than tofu, and contains hints of mushroom and yeast.

## BENEFITS

Legumes contain more fiber and less saturated fat than other types of high-protein foods, so they're good for your heart. An important source of protein and iron, and rich in fiber, legumes are good for your health!<sup>1</sup> They satisfy your hunger (feeling of fullness) and have one other super power: they help restore healthy digestion! Their high protein and lipid content levels make them one of the few oilseeds that can be used for either their oil or their protein content.<sup>2</sup>

Like other legumes, IP soybeans are able to absorb nitrogen from the atmosphere, making them suitable for soils with low levels of organic matter, and they require little nitrogen fertilizer.

### GOOD TO KNOW

Can also be eaten cold!

## TEMPEH TORTILLAS



-30 MIN



🕒 5 MINUTES 📅 10 MINUTES

Servings: 5 tortillas

### INGREDIENTS

- 240 g (8 oz) tempeh, thinly sliced
- 2,5 ml (½ tsp) garlic powder
- 30 ml (2 tbsp) Maple syrup
- 30 ml (2 tbsp) vegetable oil
- 5 ml (1 tsp) smoked or regular paprika
- 125 ml (½ cup) vegetable stock
- 2.5 ml (½ tsp) salt
- 5 tortillas
- 2 tomatoes, thinly sliced
- 2 lettuce leaves
- Mayonnaise

### PREPARATION

1. In a bowl, combine garlic powder, maple syrup, vegetable oil, smoked paprika, vegetable stock and salt.
2. In a frying pan, arrange the tempeh slices side by side and pour the liquid mixture over them.
3. Bring to a boil and then reduce heat.
4. Simmer for about 5 minutes, or until all the liquid has been absorbed.
5. Add oil, if necessary, and grill the tempeh slices until golden brown.
6. Place tempeh slices on tortillas, garnish with tomatoes, lettuce, mayonnaise and roll up.

**Source:** Inspired by La Cuisine de Jean-Philippe, adapted by Amélie Parenteau, nutritionist for Équiterre

1. <https://food-guide.canada.ca/en/healthy-eating-recommendations/make-it-a-habit-to-eat-vegetables-fruit-whole-grains-and-protein-foods/eat-protein-foods/>

2. IRÉC. (2023). Research report: les filières de produits au cœur de l'autonomie alimentaire: analyse et propositions pour une politique bioalimentaire structurante. Pp. 98-99.

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## TEMPEH LARDONS



-30 MIN

🕒 15 MINUTES 📅 15 MINUTES

Servings: condiment, to taste

### INGREDIENTS

- 240 g tempeh (1 packet)
- 15 ml (1 tablespoon) soy sauce
- 15 ml (1 tablespoon) smoked or regular paprika
- 45 ml (3 tablespoons) olive oil
- 2.5 ml (½ teaspoon) garlic powder

### PREPARATION

1. Cut tempeh into cubes. Boil for 5 minutes in hot water if using store-bought tempeh; optional if homemade.
2. Place olive oil, garlic, paprika and tempeh in a hot frying pan. Mix well and cook uncovered over medium heat. Once the pieces are nicely browned, pour in the soy sauce to deglaze and set aside.

Source: Amélie Parenteau, nutritionist for Équiterre

## GOOD TO KNOW

- Use these delicious lardons to enhance soups, mashed potatoes or vegetables, salads or even omelettes. They can be eaten hot or cold, and can also be frozen.
- Boiling the tempeh for 5 minutes adds an extra step before grilling, but it's very important in helping to reduce the bitter taste. Be sure to stir the lardons well as you grill them!
- If desired, finish off with a drizzle of maple syrup to balance the flavours!

## HOW IS IT USED IN THE KITCHEN?

Tempeh is delicious when added to stir-fries, such as a pad thai! You can also roast it and add it to a salad. Warning: tempeh cannot be eaten raw!

## WHY ADOPT A PLANETARY HEALTH MENU?

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