

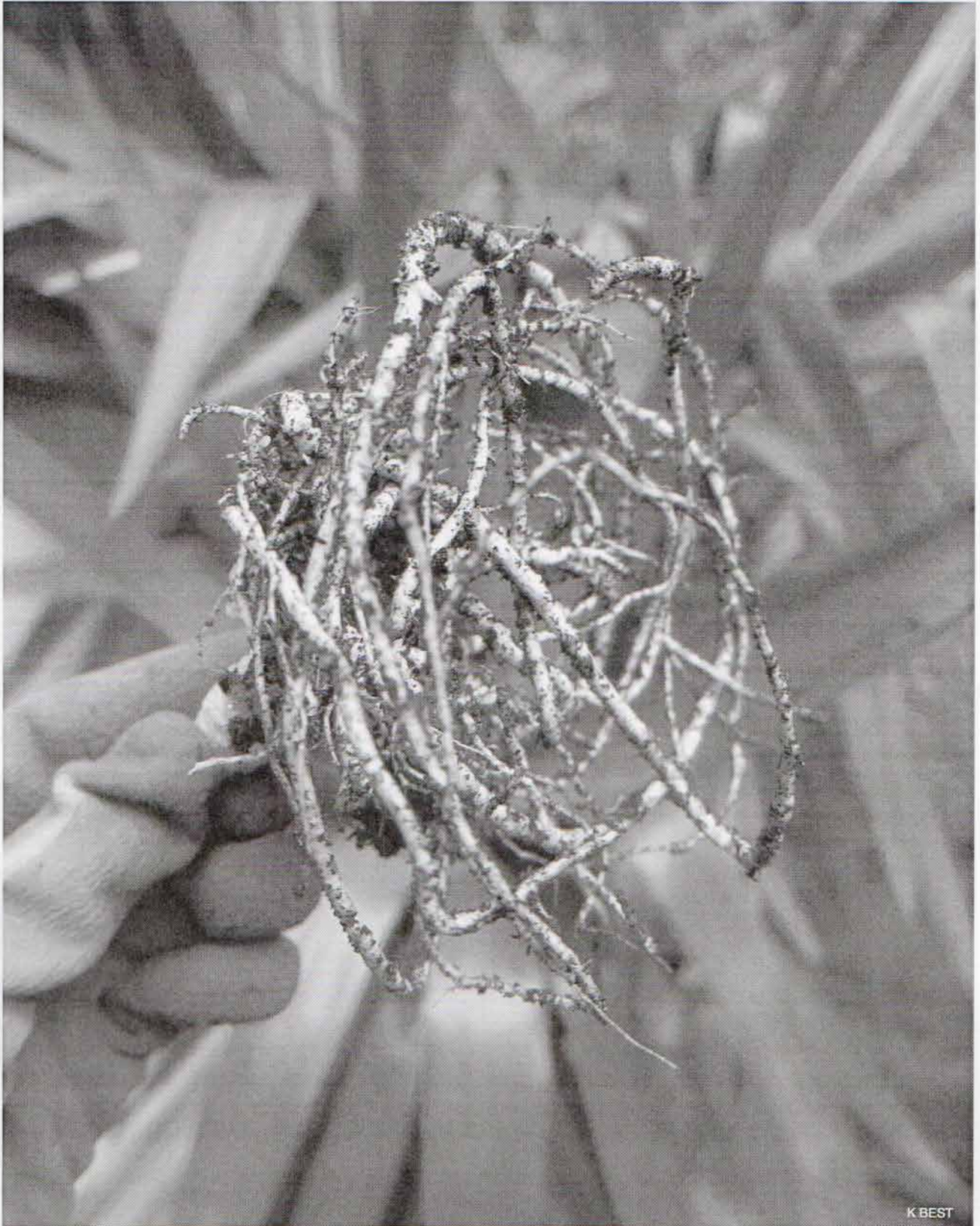
TAKEAWAY 018

On the plate - LINE

19th FEBRUARY 2022

KELLY BEST / RUJUTA RAO / HERBIVORE / GEMINI ANDERSON / SINTA TANTRA

YOU ARE CURRENTLY ONLINE



K BEST

Tempeh

If you were to go to any family home in Indonesia, from Jakarta to Bali, you'll most probably find tempeh on the menu, both for lunch and dinner!

Made from fermented soya beans and squished into a cake, I have fond memories of my mother and I buying tempeh from the market. Freshly made and warm from the fermentation process, the tempeh would be wrapped in banana leaves and tied up with string.

In London, I buy my tempeh online from 'Tiba Tempeh' but you can also purchase it from Asian food shops and even supermarkets.

This recipe is a classic example of how tempeh would be served in Indonesia. Super easy, quick, yummy... and vegan!

Step 1

Cut the tempeh into slices. Around 1 cm thick. Score both sides of the tempeh in criss cross lines.

Step 2

In a pestle and motor, grind two cloves of garlic, a teaspoon of coriander seeds, a teaspoon of salt. Grind into a rough paste.

Step 3

Place the paste in a deep plate. Add a dash of warm water, enough water to cover your tempeh and mix. Drop the tempeh slices into this mixture and marinade.

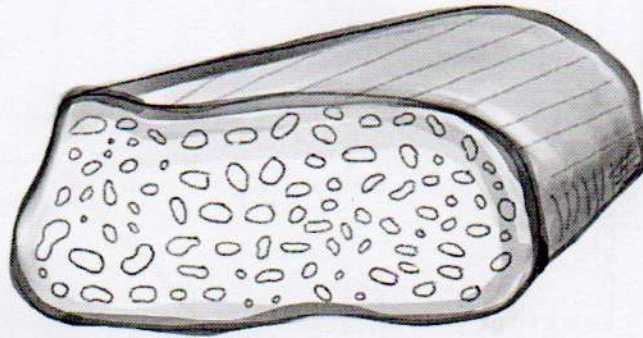
Step 4

While the slices are marinading, heat the pan. I like using a big cast iron pan. Add some fat, I find coconut oil is the best as it has a high frying temperature. Add enough oil so that it covers under half the thickness of the tempeh. Be generous with the oil, otherwise your tempeh will taste dry!

Step 5

Fry both sides until golden brown. Serve immediately with rice, green salad and a dollop of your favourite hot sauce. Selamat Makan!

Sinta Tantra



TEMPEH



GARLIC



CORIANDER
SEEDS