

About Tempeh

So what is tempeh? Tempeh was and is a mainstay as a protein source where it originated in Java. It was particularly valuable as a food source for Indonesia during WWII.

Tempeh is a fermented soy product that dates back between 500 to 1,000 years. It's made of a combination of soy and other products (sometimes grains or rice) that are pressed together and fermented in bricks.

Tempeh has become far more mainstream worldwide in today's culinary circles. It's offered in a variety of flavors and textures and made by multiple companies in the US. The global market is expected to hit \$258.7 million dollars by 2025.

Tempeh is high in protein, iron, manganese, phosphorus, magnesium and calcium. It is also low in carbs and sodium and has no cholesterol.

Because it is pressed and denser than tofu, it delivers significantly more protein. In fact, tempeh delivers more protein ounce-for-ounce than ground beef.

One of my favorite versions is the *Smoky Tempeh or Tempeh Bacon*. I liberally substitute it for bacon in many recipes.