

Teriyaki Tempeh & Vegetables

Swick

Serves 2 to 3 | Active Time: | Total Time:

Step 1: Making the Sauce

- 1/2 cup soy sauce
- 1/2 cup mirin
- 1/4 cup sake
- 1/4 cup dark brown sugar

To make the sauce, add everything to a pot and bring to a gentle boil over medium-low heat. Reduce the heat and let simmer for 20 minutes, or until it has reduced a bit and starts to thicken. In the end, you should be left with about 1 cup of sauce.

Step 2: Preparing Your Mise en Place

- 300 grs tempeh, cut into bite-sized pieces*
- 1 onion, sliced
- 1 green bell pepper, sliced
- 1 red bell pepper, sliced
- 2 tbsp minced garlic
- 2 tbsp minced ginger
- 2 tbsp minced shallot
- 4 Thai Chili pepper, or to taste (optional)

*Note: The size and shape of the tempeh, really just comes down to personal preference — it can be diced or sliced.

Step 3: Preparing the Tempeh

- 2 tbsp soy sauce
- 1/2 tsp freshly ground black pepper
- 4 tsp cornstarch
- 2 tsp peanut oil

To prepare the tempeh, add the soy sauce and stir to combine.

Next, add the cornstarch and pepper and gently toss to combine. Add the peanut oil and gently toss again to coat. Set aside.

Alternatively, the tempeh can be dredged in cornstarch, which will produce a crunchier exterior; however, when cooking the tempeh, it will require quite a bit more oil.

Step 4: Stir-Frying the Dish

- 1 to 2 tbsp peanut oil

To stir-fry the dish, line the ingredients up in the proper cooking order. Heat a wok over high heat. Once hot, add the oil, immediately followed by the tempeh. Let fry, without tossing, for a minute or so. Note: If you have used more cornstarch to coat the tempeh, you will likely need more oil. You might also find it better to fry the tempeh in a flat fry-pan.

Once it starts to color, toss and continue to stir-fry until the tempeh is golden brown on all sides. Remove from the wok and set aside.

Add a touch more oil, followed by garlic, ginger, and shallots. Let cook for 30 seconds or so before adding the onions. Let cook for a minute or so, then add the peppers. Let cook for another minute or so.

Return the tempeh to the wok and gently toss to combine. Add the sauce and toss to combine. Cook for 1 to 2 minutes or until the sauce has thickened a bit more and nicely coats the ingredients. Serve immediately. This stir-fry goes particularly well with plain white Jasmine rice.

Chef's Notes

Saké is a Japanese fermented rice beverage. If you do not have saké, Chinese rice wine, or dry sherry can be used instead.

If you are looking to omit the alcohol altogether, substitute rice wine vinegar mixed with water or white grape juice for the sake using a 1:3 ratio. For example, if a recipe calls for 1/4 cup sake, substitute 1 tablespoon rice wine vinegar mixed with 3 tablespoons water or juice.