



GARBANZO TEMPEH

This recipe will fill a pan around the size of a piece of paper (8 ½ by 11), half an inch deep. Makes about 8 nice servings.

3 Cups dry garbanzo
1 ¼ TSP Rhizopus Oligosporus (Tempeh Culture)
1 TB cider vinegar

Soak the garbanzo beans overnight in cold water. Drain well, put into a saucepan and cover with fresh cold water. Bring to a simmer and cook for 10 minutes. Remove from heat, and allow to sit at room temperature. Drain and pulse in a food processor until chopped fairly fine. Mix in the vinegar and culture. Spread out in a deep pan and pat down evenly and gently. Cover with a lid or plastic wrap. Place in a warm spot (85 f is perfect) for 24 hours. Tempeh is ready when the garbanzo mix has a fine white fungi film inter-dispersed throughout and on the surface. Also when the Tempeh can be cut or sliced and holds its shape. Cook any way you like. Fried in olive oil with salt and pepper is a simple and yummy way. A marinade works well also.