BASIC RECIPES
Tempeh, Tofu, Beans, Brown Rice and "Fake Fake"

TEMPEH TREATMENT

Tempeh is a fermented whole food made from soybeans. You can find it in the refrigerator case at your health food store or the health food section of your supermarket. Tempeh sometimes has gray specks or streaks: this is normal and not a sign of spoilage!

Some people find tempeh slightly bitter: here's a technique to use before adding tempeh to a recipe, to take the bitterness out.

One 8-oz package tempeh
1 cup water
1 tbsp soy sauce
1 tbsp mirin (sweet rice wine) or rice vinegar (in Asian aisle or with vinegars)

In a saucepan, gently simmer the tempeh in the liquid until it is absorbed (about 20 minutes). Watch carefully so tempeh does not burn.

ROASTED MARINATED TOFU

1 lb firm or extra-firm tofu (not silken)
1 or 2 tbsp soy sauce or Bragg's Aminos
1 or 2 tbsp rice vinegar or cider vinegar
½ tsp garlic powder
½ tsp ground ginger (optional)
1 tsp toasted sesame oil

Dice the tofu or cut it into strips. Lay the tofu on a lightly-oiled cookie sheet. In a separate small bowl, mix together the sauce ingredients, and pour them over the tofu. Preheat oven to 350 degrees. Bake the tofu 10-12 min. on each side, turning once.

LAST-MINUTE BEANS FROM SCRATCH

Typically, you want to soak beans in about 2x the volume of water, for several hours before you want to start cooking, even overnight. However: If you forget to soak, you can still cook beans from scratch if you remember a couple of hours before you need to serve them or add them to a recipe. Bring the beans to a quick boil in 2X the volume of water. Lower the heat and cook them steadily for a couple of hours, then test for doneness and cook longer if necessary. With stovetop cooking of beans, it is important to keep an eye on the water level and make sure to add water if necessary so the beans don't burn.

BROWN RICE

1 cup brown rice + 2 2/3 cups water

In a large pot, bring the rice and water to a boil; lower the heat to "Low," cover, and cook about 45 min. (If you have an electric stove, cover partially until temperature lowers, then completely cover pot.) At the end of cooking time, if the rice sticks to the pan, take the pot off the heat, add 1⁄2 c water, and cover. In a few minutes, the rice will spoon easily even from the bottom of the pan.

This is a good ratio of rice to water. For a larger crowd you can cook 1½ cups of rice in 4 cups of water.

"FAKE FAKE" PARMESAN

Store-bought vegan Parmesan is "fake," so homemade vegan Parmesan is "fake fake"—two negatives make a positive.

¾ cup walnuts
2 tbsp nutritional yeast
½ tsp garlic powder
¼ tsp salt
1-2 tbsp ground flax seed (optional)

Combine in the food processor until crumbly.