



BE HEALTHY & SPREAD THE LOVE

GENERAL TSO'S TEMPEH

SERVES 4

GENERAL TSO'S TEMPEH:

2 8-oz. packages SoyBoy Soy or 5-Grain Tempeh
1/4 cup Cornstarch
1 tsp. Paprika
4 cloves Garlic sliced, divided
4 tsp. Ginger, grated, divided
2 Tbs. Sesame Oil, divided
2 Tbs. Rice Wine (If you can't find rice wine, use white cooking wine.)
1/2 cup Soy Sauce, divided (6 Tbs for sauce, 2 Tbs for marinade)
1/4 cup Stir Fry or Vegetable Oil
2-3 Dried Red Chilis (Remove before serving.)
1 Tbs. Tomato Paste
1/4 cup Vegetable Broth
1 Tbs. Rice Vinegar
Sesame Seeds for garnish, optional

CORNSTARCH SLURRY:

1 Tbs. Cornstarch
2 Tbs. water

PROCEDURE:

Cut the tempeh into 1"x1" chunks and place in a mixing bowl.

Add the cornstarch, paprika, ginger, garlic, sesame oil, rice wine, and soy sauce to the bowl. Mix until incorporated. Cover and chill in the refrigerator for at least an hour.

Add oil to a wok-style pan on medium-high heat and fry tempeh until browned on both sides. Remove from pan.

In the same pan, add in oil and sesame oil and warm on medium-high heat.

Add the garlic, ginger, and chilis and cook for about 1 minute.

Add the tomato paste and vegetable broth, and stir until incorporated, then add the soy sauce and rice vinegar and stir until incorporated.

For the cornstarch slurry, mix the cornstarch with the water in a small bowl until it has the texture of a paste. Add the cornstarch slurry into sauce mixture and stir until sauce thickens.

Return the tempeh to the pan and allow to incorporate with the sauce.

To garnish, top with sesame seeds (optional).

HINTS:

Since rice wine can be very hard to find in a grocery store, you may find yourself in need of a substitute. Use white cooking wine -- NOT rice vinegar -- as rice wine and rice vinegar are not one and the same.

For your cooking oil, stir-fry oil or vegetable oil is ideal. Stay away from sesame or olive oil for stir-frying, as you need an oil that can tolerate high heat.

The cornstarch in the coating is used to create the lovely crunch you've enjoyed in restaurants but likely haven't been able to replicate at home -- until now! And cornstarch slurry thickens up the sauce so that it sticks to the ingredients.

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