

## **BBQ Tempeh (for Grill or Stovetop)**

*I invented this as a way to incorporate more vegetarian entrees into my diet, as well as bring a little pizzazz to what can be a rather unexciting protein. When the tempeh is done cooking, the sauce should form a somewhat thin, sweet-spicy "paste" coating the slightly crunchy surface of the tempeh, while the inside should be tender. Serve with a whole grain such as quinoa, a garden salad, and steamed or grilled vegetables.*

*-Janice Janostak*

*For 2 people (4 ounces per person)*

1 - 8oz cake organic tempeh

Organic olive or light vegetable oil

Salt, pepper, and garam masala (available in the bulk section of Fiddleheads Co-op, or combine cinnamon, cumin, salt, pepper, & coriander & cardamon to taste)

Homemade or store-bought bbq sauce (see recipe ideas below), or teriyaki sauce

### **For the Grill**

If using a wood or charcoal grill, build the fire and oil your grate or perforated grilling pan.

While waiting on coals, slice tempeh width-wise into wide slices (about 6), place in the top section of a steamer pan, and steam until just fork-tender. Remove from steamer and put in glass container or bowl, coat on all sides with the oil, and season to your liking.

After the flames have died down, put the oiled grate over the coals just until hot, then lay the tempeh slices over it. Grill on all sides until golden brown; turn carefully to avoid breaking the surface crust. Once browned on all sides, brush or spoon the prepared sauce over the slices, allowing sauce to drip down sides. Close or partially close cover, grill another 1-2 minutes, turn, then repeat. Remove from grill onto serving plates.

### **For the Stovetop or Electric Skillet**

If using your stovetop, lightly oil your skillet (cast iron works fine) and set aside.

Slice, steam and season tempeh as described above. Turn on burner or adjust electric skillet and bring to medium heat, until skillet is just hot but oil doesn't smoke. Add tempeh slices to the pan and brown on all sides until the surface is golden; turn carefully to avoid breaking the surface crust. When all sides are browned, turn heat down slightly,

then brush or spoon the prepared sauce over the slices, allowing the sauce to drip down the sides. Cook another 1-2 minutes, covered or uncovered, turn, then repeat, Remove from skillet onto serving plates.

**Easy Curry BBQ Sauce:** Mix 1 part pre-made bbq sauce, such as Organicville Original Style, with 1 part organic red or yellow thai curry sauce, and stir thoroughly; adjust to taste.

**Basic BBQ Sauce:** Combine organic ketchup, mustard, a couple of tablespoons dark or blackstrap molasses; crushed garlic, salt or soy sauce, pepper, and a splash of apple cider vinegar. Add ground rosemary if desired; combine thoroughly and adjust to taste.