

Tempeh Bacon

INGREDIENTS

- 1 package tempeh (8 oz)
- 1/4 cup low-sodium tamari or soy sauce
- 2 tsp liquid smoke
- 3 tbsp maple syrup
- 1 tbsp onion granules
- Sea salt, a pinch
- Black pepper, ground
- 1 tsp garlic
- 1 to 3 tbsp vegetable oil

METHOD

1 Steam the tempeh in a steamer or steamer basket for 15–20 minutes. Let cool. Slice into 1/4-inch strips. Mince the garlic. Place the tempeh strips in a shallow baking dish and set aside.

2 In a small bowl, add the minced garlic, low-sodium tamari or soy sauce, liquid smoke, maple syrup, onion granules, a pinch of sea salt, and ground black pepper, to taste. Whisk well. Pour the marinade over the tempeh strips. Allow to marinate overnight. Or place in a sealable bag, vacuum seal, and marinate for at least 2 hours or overnight in the refrigerator.

3 If pan-frying, heat a fry pan over medium heat. Once hot, add the oil, followed by the tempeh. Cook for a few minutes. Flip and cook on the other side until golden brown and heated through.

If air frying, place the tempeh strips in the air fryer basket. Insert the basket. Air fry at 350 degrees for 15 minutes.

TIPS & ADDITIONAL INFORMATION

Liquid smoke is a smoke flavoring that you can buy in most large supermarkets (near barbecue sauce), health food stores, or online.