

## Tempeh Picatta

60 MIN

4 Servings as a main course

Easy

Ingredients

### Tempeh and Simmer Sauce

- 2 - 8-oz. packages tempeh - cut in half through the thickness, then into 12 pieces (we make triangles)
- 2 cups Coconut Secret coconut aminos
- 4 cups water
- 8 slices fresh ginger
- *Optional: 2 - 1-inch pieces of kombu*
- 2 garlic cloves, sliced

### The Dredge for Tempeh

- 1 cup unbleached all-purpose flour or gluten-free flour mix
- 1 egg or vegan option \*
- Splash of non-dairy milk
- 1 cup homemade herb crust, which is gluten-free, or seasoned panko - any kind of seasoned panko will do.
- Oil - enough for frying

*\* for vegans: to replace 1 egg: mix ¼ cup cornstarch with 3 tablespoons room temperature water*

### Sauce

- 2 tablespoons olive oil
- 2 garlic cloves, minced
- 3 shallots, minced

- 3 Tablespoons extra-virgin olive oil
- ½ cup white wine
- 2 cups Imagine Foods No-Chicken Broth
- 1 tablespoon butter or vegan butter substitute
- 2 tablespoons capers
- Juice of ½ lemon
- 2 tablespoons. parsley, finely chopped

Instructions

## **Simmer Tempeh**

- In a large pot, combine the coconut aminos, ginger, kombu (if using), sliced garlic, and water.
- Cut each piece of tempeh into three crosswise, cut the thickness in half, then cut those pieces into triangles, add to the pot, and simmer gently for about an hour. Remove, drain and cool.
- If there is liquid left from simmering, allow it to cool then pack in a container, label and freeze to use another time.

## **Coat the Tempeh**

- Using a container that a few pieces of tempeh will fit into: whisk the egg with a splash of non-dairy milk and a pinch of salt or for vegans use the cornstarch-water mix
  - Put the flour on a plate or small sheet pan
  - Put herb crust on a separate plate or small sheet pan
- Dredge the tempeh – first flour, then egg or cornstarch, then herb crust or panko, and place in a single layer on a sheet pan. Don't stack.

## **Fry the Tempeh and keep warm**

*Preheat the oven to 200°*

*When the tempeh is done place it into a warm oven to keep warm till you have the sauce ready.*

## **Method 1 - deep fry**

- Set up a cooling rack on a sheet pan to allow the tempeh to drain
- Heat 2 quarts of refined organic sunflower oil in a pot for deep frying to 350°
- In batches, fry the tempeh till golden brown
- Remove the tempeh from the oil and place it on the rack to allow the oil to drain

## **Method 2 - air fryer**

- Brush the tempeh on both sides with a bit of olive oil
- Place the coated tempeh in a single layer in the air fryer
- Set the temperature to 375° and cook for 10 to 15 minutes, until the tempeh is evenly browned

## **Make the sauce**

- Put 2 tablespoons olive oil in a 12" sauté pan
- Using medium heat, sauté the minced garlic and shallots in olive oil for about 3 minutes
- Add the white wine, no-chicken broth, juice of ½ lemon, and capers, and gently simmer for about 10 minutes
- Stir in the butter or vegan butter alternative.

## **Finish the dish**

- Put most of the sauce on a serving platter and top with the tempeh
- Put the reserved sauce in a bowl for each person to top the tempeh as desired
- Garnish with parsley and serve

*\* We tried putting the tempeh into the sauce at the end and simmering it for a few minutes and we really weren't happy with the texture. We lost the delicious crisp crust on the tempeh that we like so much. The contrast of the crisp tempeh with some sauce is much more satisfying.*

Theme Variations

## **For vegans**

In the Dredge for Tempeh recipe, replace 1 egg with ¼ cup cornstarch and 3 tablespoons of room temperature water.