

## Tempeh with Mushroom Marsala Sauce

1 HR

4 to 6 Servings

Easy

Ingredients

- 2 packages tempeh, cut in half through the thickness, then into 12 triangular pieces
- 1 cup organic coconut aminos, we use Coconut Secret
- 2 cups water
- 8 slices fresh ginger
- 2 1-inch pieces kombu, optional
- 2 cloves garlic, sliced

### Coating

- 1 cup unbleached all-purpose flour or gluten-free flour mix
- 1 egg or vegan option \*
- 1 splash of non-dairy milk
- 1 cup Italian seasoned panko or Home-Made Herb Crust

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

### For Frying

- 1 cup organic sunflower oil if pan-frying
- Organic spray oil for air frying

### Mushroom Marsala Sauce

- 2 cloves minced garlic
- 3 minced shallots
- ½ pound cremini mushrooms, sliced finely

- 1 splash of coconut aminos or shoyu
- 1 splash of balsamic
- 3 tablespoons organic olive oil
- ½ cup sweet marsala
- 1 ½ cups Imagine Foods No-Chicken Broth
- 1 tablespoon butter or vegan butter substitute
- 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, then 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

## **While the tempeh is simmering make the sauce**

- Put 2 tablespoons of olive oil in a sauté pan.
- Using medium heat, sauté the minced garlic and shallots in olive oil for about 3 minutes.
- Add the mushrooms, a little salt and a splash of coconut aminos or shoyu, and a splash of balsamic vinegar
- Cook up to 10 minutes, stirring occasionally, until the mushrooms are well cooked.
- Add the marsala and no-chicken broth and reduce the liquid by half.
- Stir in the butter or vegan butter alternative

## **Coat the Tempeh**

- Whisk the egg with a splash of non-dairy milk and a pinch of salt
- 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, then herb crust, and place in a single layer on a sheet pan. Don't stack.

## **Fry the Tempeh**

### **Method 1 - pan fry**

- Set up a cooling rack on a sheet pan to allow the tempeh to drain
- Heat 1 cup sunflower oil in a 10" to 12" skillet
- In batches, fry the tempeh till golden brown on one side, then turn and repeat.
- Remove the tempeh from the oil and place on the rack to allow the oil to drain, then place on a few layers of paper towels

### **Method 2 - air fryer**

- Spray the tempeh on both sides with a bit of organic oil.  
No spray oil? Put a small amount of oil on a plate and lightly coat each side.
- Place the coated tempeh, standing up so you can get more in, in a single layer in the air fryer.
- Set the temperature to 375° and cook for 8 minutes, until the tempeh is evenly browned.

## **Finish the dish**

- Return the tempeh to the pan and cook for 5 minutes.
- Simmer it too long and you lose the coating.
- Plate on a serving platter, garnish with parsley, and serve.