



#ARecipeForChange  
by ecosperity

---

## Tempeh Stir-fry with Thai Holy Basil

by culinary presenter, Mary Ho

---

### INGREDIENTS

- 150-200g tempeh (cubed)
- 50-70g holy basil leaves (if unavailable, substitute with Thai sweet basil)
- 1-2 stalks lemongrass
- 3-5 shallots or 1/2 large onion
- 1 red chilli (sliced)
- 1 green chilli (sliced)
- 5 slices ginger
- 1 pc kefir lime leaf
- 2 pcs calamansi (quartered)
- Light soya sauce
- Dark soya sauce
- Brown sugar
- Fish sauce
- 3 tbsp light cooking oil

### Marinade sauce for tempeh

- 1 tbsp ginger juice
- Salt or light soya sauce

---

### INSTRUCTIONS

1. Pre-marinate tempeh with marinade sauce.
2. Heat oil in wok or skillet on high heat.
3. Lightly sear marinated tempeh till brown and set aside.
4. Add lemongrass, ginger, shallots, garlic, chilli, kefir lime leaves into wok and stir-fry for 2-3 minutes till fragrant.
5. Add in seared tempeh and mix well.
6. Add in holy basil leaves and continue to stir-fry till wilted.
7. Add in a little water if needed to deglaze wok, if it gets too dry. Reduce heat to medium.
8. Finally, add in seasonings – soya sauce, sugar, fish sauce and toss in calamansi.
9. Garnish with basil leaves and sprinkle some goji berries (optional) for additional sweetness and health benefits.

\*\*\* For vegan option: Omit fish sauce

\*\*\* For gluten-free option: Substitute light and dark soya sauce with tamari

\*\*\* Tips: Chillies and garlic can be lightly pounded together to release their oil and flavour before cooking



## HOW TO MAKE TEMPEH

### Step 1 - Soak (overnight)

- Rinse soybeans and discard any impurities.
- Soak the soybeans by placing soybeans in a large bowl or pot. Cover beans with plenty of water accounting for expansion of soybeans. Soak for at least 8 hours but not more than 24 hours. Change the water every 6-8 hours to prevent bacterial growth.
- Dehull beans (remove skin) by squeezing a handful and rubbing them so that the hulls pop open and the beans slide out. The hulls will float to the top and can easily be scooped or poured out.

### Step 2 - Cook

1. Change the water and place dehulled beans in pot. The water should cover the beans by at least 2 inches.
2. Bring to boil and cook for about 40-50 minutes. If using a pressure cooker, cook for 12-15 minutes.
3. When beans are cooked, drain and remove any remaining hulls.

### Step 3 - Dry

1. Lay beans on clean lint-free towel / cloth or paper towels.
2. Dry beans by rolling beans with another towel to allow moisture on the surface of beans to evaporate.
3. Leave beans to cool down and dry out.

### Step 4 - Inoculation

1. Once dry, add vinegar and mix well then add the starter and mix evenly.
2. Transfer to incubation container (if using jar), keeping the beans packed together to about 3-4cm thick. Do not overpack the beans or the mixture might overheat during incubation. Cover with clean lint-free cloth or cheese cloth and secure with rubber band or string.
3. If using banana leaf, fold the leaf to make a parcel, then secure with skewers or string.
4. If using a resealable zip lock bag, seal it and perforate all over with holes.

### Step 5 - Incubation

1. Place container or packets in a warm and dark space (e.g. covered box or pot) for the first 24 hours. Growth of the mould occurs easily at temperatures of 25°C - 35°C.
2. The beans will feel warm after 24 hours. Place the container or packets in a cooler or airier space. Avoid direct sunlight. The mould should be very active and may give off heat.
3. After another 24 hours, the tempeh will be ready for consumption or storing.
4. Fully fermented tempeh should be bound firmly by mycelium and gives a light, nutty or bread-like aroma.
5. Tempeh is best consumed fresh and can be kept up to 5 days in the refrigerator and up to 3 months in the freezer.