

BBQ TEMPEH

Vegan Chef
Gabriele Bonomi



INGREDIENTS:

300g Tempeh
2 tbsp BBQ mix
Salt & Pepper
3 tbsp Sesame oil
Water or stock

DIRECTION:

Prepare the marinade with sesame oil and spices. Add salt and pepper and a glass of water to dissolve them better.
Slice the Tempeh and leave it into a container. Add the marinade and eventually other water, until complete covered.
Let it marinate for 2 hours, I sometimes leave it all night.
Remove the tempeh from the marinade and place them on a tray with baking paper. Sprinkle with a little oil. Then put it in the oven at 180°C for 20 minutes.

You can also cook the slices in a pan with a little oil until they become a little crunchy.

In alternative of the BBQ mix, you can use smoked paprika, ginger, chilly, turmeric, cumin & pepper. If you have some BBQ sauce, you can immediately brush the tempeh slices with that, and cook!

VEGAN BEAR CHEF