

## TEMPEH

Use 2 cups of dry soybeans, soaked in water for 12 hours at room temperature of 65° to 80° F, then massage with hands to split beans and remove hulls. Then rinse well and drain



Boil the beans for 1 hour then discard cooking water

Dry the beans by patting with disposable paper towels

Place beans in dry bowl and allow to cool until lukewarm 95° to 98° F

Add 2 tablespoons of distilled white vinegar and mix well

Add 5 grams of rhizopus oryzae culture (Cultures For Health brand) and mix well

Spread beans to 1 ½ inches thickness in 10"x11" Ziploc bag with 12 small perforations to the top set at 1" apart

Place bag in Sedona brand raw food dehydrator set at 87° F for 12 hours. Verify temperature using k-type hypodermic probe inserted into middle of beans and monitor every 1 hour with Oakton brand thermocouple

Turn dehydrator off and for the next 24 hours continue to monitor temperature with thermocouple every 8 hours to maintain a range of 85° to 91° F. Turn just fan on in dehydrator if temperature is above, or set temperature to 87° if temperature is below range.

Use immediately or plastic wrap, label/date and refrigerate for up to 3 weeks for later use.