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## How to Cook Tempeh?

Cooking tempeh is simple and versatile! Here are a few popular methods to prepare tempeh and bring out its best flavors:

**Basic Preparation:**

Before you start cooking, it's often recommended to **steam** tempeh for 10 minutes. This step removes any bitterness and helps it absorb marinades better.

## 1. Pan-Fried Tempeh

**Ingredients**:

- 1 block of tempeh, sliced or cubed
- 2-3 tbsp oil (olive or vegetable)
- Salt and pepper to taste

**Instructions**:

1. Heat the oil in a skillet over medium heat.
2. Add the sliced tempeh and season with salt and pepper.

3. Fry for 3-4 minutes on each side, until golden and crispy.

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# 2. Marinated and Baked Tempeh

**Ingredients**:

- 1 block of tempeh, sliced
- 1/4 cup soy sauce or tamari
- 1 tbsp maple syrup or honey
- 1 tbsp olive oil
- 1 tsp minced garlic
- 1/2 tsp ground ginger

**Instructions**:

1. In a bowl, mix soy sauce, maple syrup, olive oil, garlic, and ginger.
2. Add tempeh slices, coating them with the marinade. Let it marinate for at least 15-20 minutes.
3. Preheat the oven to 375°F (190°C).
4. Place the tempeh on a lined baking sheet and bake for 20-25 minutes, flipping halfway.

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# 3. Grilled Tempeh

**Ingredients**:

- 1 block of tempeh, sliced into thin strips
- Your favorite marinade or BBQ sauce

**Instructions**:

1.  Marinate the tempeh in your favorite sauce for at least 20 minutes.
2.  Preheat the grill to medium heat.
3.  Place tempeh strips on the grill and cook for 3-4 minutes on each side until grill marks appear.

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# 4. Crumble for Tacos or Stir-Fries

**Ingredients**:

- 1 block of tempeh, crumbled
- 1 tbsp oil
- Seasonings: cumin, paprika, salt, pepper, or taco seasoning

**Instructions**:

1.  Heat oil in a skillet over medium heat.
2.  Add the crumbled tempeh and seasoning of choice.
3.  Cook, stirring frequently, for 5-7 minutes until browned and crispy.

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Tempeh can be used in salads, grain bowls, stir-fries, or as a filling for wraps and sandwiches. Enjoy!