

Curried Tempeh with Apple

(from the Tempeh Cookbook)

Yield: 6 servings

Ingredients:

	(Curry Sauce:)
8 oz. Lalibela Farm Tempeh	2 tspn Curry powder
2 cups Vegetable Stock	2 Tbspn Arrowroot powder
4 Tbspn Oil	½ tspn garlic powder
1 med Onion (chopped)	½ tspn honey
1 large apple (granny smith)	½ tspn Mace (or nutmeg)
	½ cup currants (or raisins)

Directions:

Place Tempeh in a saucepan with Stock. Cover pan and simmer for 15 minutes. Cool and drain Tempeh, reserving broth.

(Curry Sauce:) Heat a skillet and add 2 Tbspn Oil. Add onion and sauté until soft. Add apple and cook 5 minutes more. Then sprinkle with: curry powder, garlic powder, arrowroot powder, honey, and mace. Cook for 3 minutes.

Measure broth remaining from Tempeh and add enough water to make 2 cups of liquid. Slowly stir liquid into onions, stir and cook until thickened and bubbly.

Add ½ cup currants. Set pan over hot water, cover and cook 30 minutes to blend flavors, stirring occasionally. Cut the steamed Tempeh into small cubes and brown in 2 Tbspn. Oil.

Add Tempeh to curry sauce just before serving. Serve with brown rice and an assortment of condiments such as: coconut, chopped green onions, raisins, chopped peanuts, yogurt and chutney.

Per serving: Calories: 214, Protein: 8gm, Carbs: 15gm, Fat: 13gm