AMERICAN · BREAKFAST · SIDE

Smoky Tempeh Bacon

20 min · Makes 4 × ¼ batch (about 60 g) · 257 kcal a portion · Video 3:39 · Brownble

Vegan · Gluten-free ingredients · Nut-free

A plant-based swap for processed bacon: each serve has about 13 g protein and 4 g fibre from the fermented soybeans with only 3 g sugars. Most of its 20 g fat comes from the frying oil, so use less oil for a lighter version.

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Ingredients

5 · MAKES 4 × ¼ BATCH (ABOUT 60 G)

- [ ] 1 package (250 g) **tempeh**, cut into thin strips
- [ ] 2 tbsp **soy sauce or tamari**
- [ ] 1 tbsp **maple syrup**
- [ ] 1 tsp **liquid smoke**
- [ ] 4–5 tbsp **high-heat oil** (canola, safflower, sunflower or coconut), for two batches (about 1 tbsp a serve stays on the strips)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Soy. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Slice the tempeh into thin bacon-like strips. Whisk together 2 tbsp soy sauce or tamari, 1 tbsp maple syrup and 1 tsp liquid smoke. 0:30
2. Steam the strips in a steamer basket over boiling water, covered, for 10 minutes; this takes away tempeh's bitter edge. 1:16
3. Heat a frying pan over medium heat with half the oil. Fry half the strips in one layer until golden on both sides (it happens fast), lift out, add the rest of the oil and fry the second batch. 1:38
4. Return all the strips to the pan, pour in the sauce and keep turning them until the liquid has evaporated and soaked in and the strips are crisp again; they burn quickly once dry. 2:36
5. Drain on paper towels, then use in BLTs, on salads or with breakfast. 3:19

> **Tip** Less oil gives softer, less crispy strips but cuts the fat. Serves 4 (our estimate; the batch makes 230–260 g). The same method works with firm tofu.

The method is a summary in our words — the video shows every step.

One portion, ¼ batch (about 60 g), gives you

1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
257 kcal 1,070 kJ	13 g 27% of a day	8.5 g 4.1 g net · 3.1 g sugars 3% of a day	4.4 g 16% of a day	20 g 2.4 g saturated 26% of a day	450 mg 19% of a day

Energy from net carbs 7% · protein 21% · fat 72% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Omega-3 85%

Source of (10–19%) Vitamin E 16% · Magnesium 14% · Iron 10%

Recipe and video: Brownble (@brownble) on YouTube — youtube.com/watch?v=oqZFMMR4WU4, published 11 May 2016. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/smoky-tempeh-bacon