

Pan-seared Tempeh

Ingredients

10 ounce tempeh
2 Tablespoons olive oil
¼ teaspoon salt
pepper to taste
½ teaspoon garam masala
2 Tablespoons red wine (optional)

Method

1. Cut tempeh into about 20 equal sized pieces.
2. Heat heavy skillet over medium heat. Add olive oil and bring to a temperature where a few drops of water dance when they hit the skillet.
3. Add tempeh. Cook about 5 minutes and turn each piece over when their bottoms turn golden-brown. Sprinkle salt, pepper and garam masala to top of tempeh pieces and cook about 5 more minutes. Add wine and cook briefly until wine evaporates.

Notes



This is fragrant and a bit spicy when eaten hot with your favorite cooked whole grain or vegetables.
Next day, I like it for lunch on a leafy green salad.

Source: [Jay Harris \(4 servings\)](#)
