

Cooking in the Gesundheit Kitchen with Chef Hans Rueffert

Episode 1: Tempeh & Green Okra with Grains

From Chef Hans: This is a versatile plant-based dish that became a staple for me when learning to eat after my surgery. It uses Tempeh, which is a soy-based meat alternative, like Tofu. It's made from whole soy beans which are softened by soaking. The beans are then cooked, slightly fermented and formed into a firm patty or block.

Serves 4-6

MAIN INGREDIENTS

- 2-3 tablespoons olive oil (divided)
- 3 to 4 garlic cloves
- 1 cup crumpled Tempeh
- 1 teaspoon sea salt
- ½ t garam marsala
- ¼ teaspoon turmeric
- 2 cups green okra, chopped
- ½ cup pre-cooked rice or whole grain sorghum and quinoa (optional)
- Drizzle of honey to taste (optional)
- Cherry tomatoes to garnish

STEP ONE

In a sauté pan over medium to medium high heat add 2 tablespoons of olive oil with three to four cloves of fresh garlic. As soon as the garlic begins to toast, becoming translucent, add the chopped Tempeh. Cook till slightly toasted and crispy around edges. Add salt and mix well. Remove toasted Tempeh to a bowl and set aside to prepare okra.

STEP TWO

Using the same skillet as the Tempeh, add remaining olive oil over high heat. Add spices, heating until aromatic. Immediately add the chopped okra for a quick sauté. Turn off the heat. The residual heat will provide ample heat for the okra to become crunchy, but not raw. Do not overcook. Add Tempeh back in with okra. Mix well. Taste for seasoning.

SERVING SUGGESTION

The Tempeh and okra mixture makes a great side dish on its own; or as a main dish, you can serve over rice or whole grain sorghum and tri-colored quinoa. Add a drizzle of local honey plus a bit more spice if you wish. Garnish with cherry tomatoes. Whatever you don't finish, save for lunch or a snack. It's great cold or warmed with a fried egg!
