



# TEMPEH FAQs

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We're now offering two varieties of tempeh, both made from organically grown, non-GMO beans and grain (sourced from Michigan!). Both varieties are sold in 1 pound loaves that can be easily sliced, cubed, or crumbled after they are thawed. Loaves are 4" X 8" and measure 1" thick.

## **TRADITIONAL TEMPEH**

(Organic, non-GMO soybeans, live active cultures)

Made with organic, non-GMO Michigan soybeans. While non-fermented soy is difficult to digest, our twice-fermented traditional tempeh is full of available nutrients, proving one of the best ways to eat and digest soy. Traditional tempeh is characterized by a savory, nutty flavor and is great marinated on sandwiches, in stir-fries, or as a fried appetizer.

## **Adzuki Buckwheat Tempeh**

(Organic, non-GMO adzuki beans and buckwheat, live active cultures)

Made with organic, non-GMO Michigan adzuki beans and buckwheat, this variety of tempeh has a sweet flavor and aroma and is excellent grilled, baked, and sautéed and added to a number of meals including in chili, burgers, or as a salad topping.

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## **WHAT IS TEMPEH?**

Unearthed centuries ago on the island of Java, Indonesia, tempeh is a cultured, whole food traditionally made from soybeans. Tempeh's fermentation process uses a culture that thrives in the tropical Indonesian climate, creating a firm and versatile loaf that is highly nutritious and unbelievably tasty.

The Brinery's tempeh is the only raw, unpasteurized tempeh made in the Midwest. Unlike pasteurized commercial tempeh found in the refrigerator aisle, we freeze our tempeh fresh, immediately after fermentation, resulting in tempeh with a superior nutty flavor, meaty texture, and unparalleled freshness.

## **ABOUT OUR PROCESS**

Using age-old fermentation techniques with modern adaptations, we create our artisanal tempeh by first fermenting organic, non-GMO beans and grains sourced from Michigan in a simple soak. Next, these ingredients are cooked, inoculated with a pure *Rhizopus* culture, and incubated in a climate similar to Indonesia. During incubation, the culture blooms to incase the beans and grains in a white, firm loaf. Finally, our tempeh is frozen fresh— raw and unpasteurized—for the best taste possible.

## **HEALTH BENEFITS**

Our twice fermentation process breaks down the complex starches associated with indigestion of the legume family and other soy products like tofu, resulting in a superfood that is packed with accessible nutrients and easily digestible. Tempeh is a high protein, high fiber, and low fat option for vegetarians and omnivores alike. It's also full of health-promoting phytochemicals!

## **HANDLING INSTRUCTIONS**

As an unpasteurized product, our tempeh **must be kept frozen**. It is best to use frozen tempeh within 6 months. Thaw tempeh overnight in a refrigerator or a counter for 3-4 hours. Once thawed, it keeps in the refrigerator for 5 days. We do not recommend refreezing tempeh after thawing.