



MINUS8
VINEGAR & VERJUS

RECIPE CARD

MAPLE 8 MARINATED TEMPEH



MAPLE8 VINEGAR

5% ACETIC ACID VINEGAR | 200 ml, 1 litre
Barrel fermented maple syrup vinegar, made from the best tasting Québec syrup. Maple syrup was made into wine, then into vinegar, and then aged for years in oak barrels.

Serves: 2

Prep Time: 2 hrs

Cooking Time: 40 min

Ingredients: 1 package of tempeh
1 tbsp extra virgin olive oil
1 tbsp garlic minced
2 tbsp real maple syrup
4 tbsp Maple 8 Vinegar
1 tsp agave nectar



Method:

- Cut tempeh into thin slices- about 14-16
- Pour marinade ingredients into a bowl and whisk.
- Add to a large ziploc bag and add tempeh pieces.
- Allow to marinate for at least 2 hours or ideally overnight. Turn bag occasionally in fridge, allowing tempeh to be completely covered on both sides.
- Once ready, preheat oven to 350°F
- Pour tempeh and marinade into baking dish.
- Bake for 15 minutes.
- Flip tempeh pieces and bake an additional 15-25 minutes.