



Chinese Cabbage Rolls with Tempeh and Veggies

Ingredients

- 1 head Chinese cabbage, outer leaves discarded and inner leaves washed and separated
- 1 package tempeh, cut in half on the horizontal plane and then in four (you should have 8 pieces)
- Tempeh cooking liquid:
 - 3 tablespoons shoyu
 - 2 tablespoons mirin
 - 2 tablespoons maple syrup
 - a few slices of ginger
 - a few slices of garlic
 - ½ teaspoon sea salt
 - water
- 4-6 tablespoons olive oil
- 1 red pepper, cut in thin slices
- 1 cucumber, cut in thin slices
- 1 carrot, cut in thin slices

Procedure

1. Combine all the ingredients for the tempeh cooking liquid in a pot, add the tempeh and simmer for 25 minutes. Drain the tempeh.
2. In the meantime, bring a large pot of salted water up to boil. “Blanch” the cabbage leaves—this means cook them for 30 seconds to 1 minute, just until they are wilted. Then “shock” them by submerging them in ice cold water to stop the cooking. Drain and slice each cabbage leaf in half along the stem, removing any part of the stem that is still tough.
3. Heat olive oil in pan (it should reach about ¼ of the way up each piece of tempeh) and pan-fry tempeh in batches, salting each piece. Get each side of the tempeh golden and crispy.
4. Drain on a paper towel and when cooled, cut into thin strips.
5. Now, roll: put one piece of cabbage in front of you, add one or two pieces of each item: tempeh, carrot, pepper and cucumber and roll tightly. If you like, you can add a bit of mustard, spread or chutney to the roll as well.
6. Place them on a platter with the seam-side down so they stay closed until ready to eat.