

Healthy Gado-gado with Homemade Tempeh

By Dr Soh Poh Choong

Ingredients

- 1) Homemade tempeh, 200g
- 2) Tau gua, 450g (2 pcs)
- 3) Cucumber, 400g
- 4) Medium-sized Pineapple
- 5) Medium-sized onion, 170g
- 6) Chilli (2 pcs)
- 7) 1 tbsp Fish Sauce
- 8) 1 tbsp White Vinegar
- 9) 1 tsp Sugar

Optional:

Eggs, kang kong, potato

Directions

Homemade Tempeh

- 250g of soya beans soak overnight (drained and boiled for about 30 mins)
- Mix in 1 tbsp of rice flour and 1 tsp of starter in room temperature
- Place the mixture into bags which has holes, or in banana leaves
- Leave it in warm dark area e.g. oven or cupboard for 24 hours
- Check on the mixture after 24 hours to see the amount of mold
- If you prefer more mold, place for another few more hours (usually less than 6 hours should be good enough)
- Keep in the fridge to stop the fermentation

(A) Bake tempeh and taugua

- 1) Spray oil onto tempeh and tau gua on 2 separate trays (as tau gua has moisture)
- 2) Put them to bake at 180C grill mode for 20 mins, turning them at 10 mins mark
- 2) Check if tempeh is crisp and tau gua is brown, tau gua usually requires about 3 to 5 mins extra baking time

(Temperature and timing may vary with oven and type of tray used)

(B) Salsa

- 1) Dice onions, pineapple and chilli - 0.5cm cubes
- 2) Mix well the sugar, vinegar and fish sauce
- 3) Add #1 to #2
- 4) Let the mixture stand for at least 30 mins before serving

(C) Shredded cucumber

Shred cucumber without seeds, strain to dry or use paper towel to absorb moisture

Other alternative vegetables that can be added: boiled kang kong, potatoes, taugay

Assemble (A) and (C) and dress with (B)

Other fruits that can be used for salsa :

- Green mangoes
- Green papaya
- Passion fruit

