

# Tahini Cream Sauce

1 cup (250g) Tahini  
1 cup water  
3 tbsp Lemon juice or lime/orange + some zest  
1 tbsp Tamari  
1 tbsp +/- minced garlic &/or ginger (if using a blender, don't bother mincing!)  
1 tsp toasted sesame oil  
1/2 tsp cumin  
1/4 tsp paprika  
Sea salt & freshly ground pepper

optional... 1/2 tsp or more of za'atar  
(condiment made of ground dried thyme, oregano, marjoram with toasted sesame seeds and salt. Sumac can be part of it)

Mix all the ingredients by hand or in a blender.  
Add more water depending on the texture you prefer.  
Adjust the seasoning to your taste.  
It keeps at least 1 week in the fridge.

Using a simple base of water, lemon & tamari, you could try those variations:

- \* Provence herbs
- \* sun-dried tomatoes & pesto
- \* miso
- \* Dijon mustard
- \* horseradish
- \* smoked paprika

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# Tempeh “Bacon-Style” @ VegFest

Pre-heat oven at 360°F/180°C

1 package of “Henry’s Tempeh” (250g)

Cut crosswise in 2 smaller rectangles. Then, cut each rectangle in 16 slices (crosswise again). You end up with 32 small slices of “bacon”

For the marinade...

2 tbsp olive oil

3 tbsp tamari

3 tbsp nutritional yeast

1/2 tsp smoked paprika

optional... a few drops of liquid smoke)

2 tsp maple syrup

1/4 cup water

Freshly ground pepper

Make the marinade by mixing all the ingredients.

Using a 9x13” baking dish, pour 1/2 of the marinade.

Place the pieces of tempeh on top.

Pour the rest of the marinade over.

Let it sit for +/- 30 min.

Bake for 15 to 20 min. This time depends on your oven. Just keep an eye on it. It turns sort of golden. If you are in a rush, put it under the broil!

If you want it crispier, bake it longer. Keep track with a timer so you can repeat next time!

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Henry’s Tempeh - <http://tempeh.ca>



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# Tomato Tempeh @ VegFest

1 package of "Henry's Tempeh" (250g)

Cut it +/- 36 little cubes (cut lengthwise in 6 stripes. Repeat the other way!)

For the marinade...

1 cup tomato sauce - store bought. Choose a good quality one!

1 tbsp olive oil

1 tbsp tamari

2 tbsp mustard

1 tbsp pesto

Freshly ground pepper

1/2 tsp turmeric (optional)

Red chili flakes (optional)

In a 6X9" oven dish, pour 1/2 the marinade.

Place the tempeh and cover it with the rest of the marinade.

Let it sit for +/- 1 hour on your counter top.

You could prepare it for the next day. In that case, cover and place in the fridge.

Bake

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