

[Ebook free] Book of Tempeh: The Delicious, Cholesterol-Free Protein, 130 Recipes

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before purchasing it in order to gauge whether or not it would be worth my time, and all praised Book of Tempeh: The Delicious, Cholesterol-Free Protein, 130 Recipes:

1 of 1 people found the following review helpful. Couldn't have done it without this book!By LianimalsJust finished making my first batch of tempeh and couldn't / wouldn't have done it without the thorough, step-by-idiot-proof-step instruction of this book. I don't know if there are new editions of this book or not but the version I got is definitely your "old style" manual created to provide no-nonsense information without a lot of (or, any for that matter) attempt at visual appeal. The pages are crammed with run-on text and although there are sufficient illustrations and some bw photos to get technique points across, there are no color pictures or any fanfare whatsoever. I did enjoy the lengthy history of the tempeh products and the cultural aspects of its development as a food staple but others may not appreciate that if you're looking for a concise, get-to-the-point manual. As for the results I got by following the directions on DIY tempeh to a "t", the only remote criticism I can give is that this guide could put a bit more emphasis on how to properly pack the grains (in my case, I used straight soybeans) prior to incubation and also, the importance of the type of incubator one uses. I think I packed the grains a bit too thinly - my resulting product, using the Ziploc bag technique, was a bit too thin and flimsy. Next time, I will really pack the beans in so I get at least a 1" to 1- 1/2" thick cake. My incubator was also not the best choice but the book doesn't go into any real detail about incubator types

or designs. I used a sterilized chicken egg incubator which turned out to retain more humidity than tempeh incubation should be subjected to. I have since purchased a good-quality food dehydrator as other seasoned tempeh makers seem to be using with success. All in all, I am thrilled with the relative success of my first tempeh-making attempt by closely following this book. 1 of 1 people found the following review helpful. It's a classic! By Chaigirl I have begun making my own tempeh and bought this because it is a classic work on the subject. It is not as useful as what is posted online when it comes to how-to, but it gives a wonderful history of the food and its production. For me (still a book person at heart), it has been fun to read. 1 of 1 people found the following review helpful. Fantastic! By Aspiration The book is well researched, extremely comprehensive and informative with loads of awesome recipes. It is clear that the authors' intention is for the common good and not for financial gain or ego boosting.