

Tempeh Care Instructions

- A temperature range of 85- 91°F is technically acceptable, ideally the tempeh should ferment at 88°F (31°C). Incubate in a cooler with jars of boiled water and check the temperature often during the process.
- Incubate for 24-48 hours.
- Check the beans after 12 hours. At this point in the process the fermentation will cause the beans to generate their own heat so you will normally need to reduce or even eliminate the external heat source. Be sure to use a thermometer to check the actual temperature. Flip beans over.
- After 24 hours or so, the white mycelium will start to cover the surface of the beans. Over the next few hours the white mycelium will grow through the beans and will smell nutty. It is finished when the beans are fully knit together.

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