

# Tempeh Fingers with Hemp Seed Tartare

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Enough for a family or canapés at a finger food party (ha ha I think that's funny – Tempeh fingers at a finger food party- sorry I do find little things funny).

## Ingredients

2 blocks of unpasteurised tempeh cut into 1 cm fingers  
5 sheets of nori cut into 1 cm wide strips  
2 cups rice crumbs mixed with  $\frac{3}{4}$  tsp salt  
 $\frac{1}{4}$  to  $\frac{1}{2}$  cup sunflower oil or avocado oil

### For the batter

$\frac{1}{4}$  cup besan flour  
 $\frac{1}{4}$  cup rice flour  
 $\frac{3}{4}$  cup water  
 $\frac{3}{4}$  tsp salt

### For the Tartare

$\frac{1}{2}$  cup hemp seeds  
 $\frac{1}{4}$  cup tahini  
 $\frac{1}{4}$  cup water  
 $\frac{1}{4}$  cup brine from the gherkins  
2 gherkins diced very small  
1 tbsp capers finely chopped  
1 tbsp lemon juice  
1 tsp Dijon mustard

## Method

1. For the Tartare place everything except the capers and gherkins in a blender and blend until smooth. Fold in the capers and gherkins.
2. For the batter, mix all ingredients together and put in the fridge while you wrap the nori strips around the tempeh fingers.
3. Wrap the nori strips around the tempeh fingers by starting up one end and finishing at the other.
4. Place the rice crumbs and salt in a bowl. With one hand dip the tempeh fingers in the batter and then drop the tempeh finger into the rice crumbs. With the other hand cover the tempeh finger with bread crumbs then place on a board.
5. Heat up  $\frac{1}{4}$  cup oil in a wok and fry the tempeh fingers on each side until crisp and brown.
6. Serve with the Tartare or if eating for lunch place the Tartare and tempeh fingers in a wrap with lots of salad veg.



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