

## Pineapple-Gochujang Tempeh

*Yield 2 to 3 servings | Prep & cook time 30 minutes*

About 3 tablespoons avocado or olive oil, divided

One 8-ounce package tempeh, cut into ¼-inch thick rectangles

½ medium white or yellow onion, diced

3 cloves garlic, sliced

Fine sea salt

1 ½ tablespoons honey

1 heaping tablespoon gochujang

1 teaspoon doenjang or miso paste

½ cup pineapple juice

¼ cup toasted cashews, coarsely chopped

Freshly cooked rice or other grain, for serving

See [my newsletter post](#) if you have questions about gochujang. Doenjang is similar to miso paste, essentially the Korean version, but made from only soybeans and salt (miso uses a koji starter as well, and typically other grains); oenjang is more dense and dry, less sweet, and saltier. There's only a small amount in here and you can substitute miso paste instead, but if you do you may want to season with a little more salt.

1. Set a medium skillet over medium heat and once hot, swirl in about 2 tablespoons oil. Add the tempeh, arranging it in an even layer, and fry until beautifully golden-brown on the bottoms, 3 to 5 minutes. Flip and repeat on the opposite sides. Transfer the tempeh to a plate.

2. Return the skillet to the heat and add about 1 tablespoon more oil, followed by the onion, garlic, and a few pinches of salt. Cook until the onion is soft and beginning to brown, 6 to 8 minutes, lowering the heat if necessary to prevent burning. Meanwhile, whisk together the honey, gochujang, doenjang, and a few splashes of the pineapple juice in a measuring glass or bowl until smooth, then whisk in the rest of the pineapple juice.

3. Once the onions are soft and beginning to brown, pour in the pineapple-gochujang mixture. Adjust the heat to achieve a gentle simmer, and cook, stirring periodically, until it reduces and thickens enough that you can trace a thick line in the pan using a spoon or spatula, 7 to 10 minutes. Return the tempeh to the pan and stir gently to coat it in the sauce and reheat. Sprinkle with the cashews and serve hot, over your favorite cooked grains.