

# Tempeh Benedict with Vegan Hollandaise Sauce

Inspired by Alissa Saenz

16 Servings

This vegan take on Eggs Benedict is made with smoky tempeh served atop toasty English muffin halves and topped with pan-seared asparagus and creamy vegan hollandaise sauce.



## INGREDIENTS:

### For Smokey Tempeh:

- 4 x 1lb. SunRhize Foods Tempeh
- 1 cup soy sauce
- 1 cup maple syrup
- 1/2 cup apple cider vinegar 2-3
- Tbsp liquid smoke
- 1/4 cup olive oil, for grilling

### For Hollandaise Sauce:

- 4 lb. silken tofu
- 3/4 cup lemon juice
- 1/2 cup nutritional yeast
- 1/2 cup vegan butter or margarine
- Unflavored soy or almond milk, as needed
- Salt to taste

### For Asparagus:

- 64-96 asparagus spears, rough ends trimmed
- 1/4 cup olive oil, for grilling

### For Serving:

- 16 english muffins, split and toasted
- 2 bunches of spring mix
- finely chopped fresh parsley (optional)
- black pepper (optional)

## PREPARATION:

### Making the Smokey Tempeh

1. Cut 1lb. tempeh pack in quarters, so you have four square blocks. Then, very carefully slice each square in half, thickness-wise, creating 8 thin patties per pound. Repeat with rest of tempeh.
2. Stir soy sauce, maple syrup, vinegar and liquid smoke together in a shallow dish. Add tempeh and gently spoon mixture over top. Allow to marinate at room temperature for 30 minutes, occasionally rotating tempeh pieces or spooning a bit of the marinade over top.
3. Coat cooking surface with oil and place over medium heat. Working in batches, add tempeh patties, reserving excess marinade, and cook until browned on bottoms, about 4 minutes. Flip

and cook until browned on opposite sides. Pour reserved marinade over tempeh and cook until liquid evaporates, about 1-2 minutes more. Remove from heat.

#### Making the Vegan Hollandaise Sauce

1. Place all ingredients into a blender or food processor (in batches if necessary) and blend until smooth.
2. Season with salt to taste and thin with a few tablespoons of non-dairy milk until desired consistency is reached.

#### Making the Smoky Tempeh

Coat cooking surface with oil and place over medium heat. Add asparagus and cook just until dark brown in spots and tender-crisp, about 3 minutes

#### Serve

Place a few greens atop each English muffin half, followed by a tempeh pattie. Place 3-4 asparagus spears over tempeh and drizzle with vegan hollandaise sauce. Sprinkle with parsley and black pepper if desired.