



DIETITIAN'S CORNER

Here is some interesting nutrition information about two ingredients used by Chef Alejandro in his barbecue summer board recipe:

ANCHO-MAPLE GLAZED TEMPEH WITH QUEBEC'S GROUND CHERRY SALSA

TEMPEH

Although they start with the same ingredient – soybeans – tofu and tempeh differ! Tempeh starts with whole beans that are fermented. Fermentation is the process in which a micro-organism grows, creating a mycelium (the soft white exterior on the tempeh). This mycelium feeds the gut microflora, creating a healthier intestinal tract by providing essential probiotic bacteria. The bacteria help with digestion by breaking down nutrients. This process makes them more easily absorbed. In addition, it contributes to enhancing the immune system (70% of the immune system resides in the intestinal tract), produce many essential B Vitamins (including B12, which is so important in vegan diets), reduces the inflammation associated with many chronic conditions, and can help restore your gut health after taking antibiotics.

Nutrient Dense Superfood

Tempeh provides complete proteins, B and K Vitamins, Magnesium, Iron, Zinc, Potassium, Fibre, Calcium, Phosphorus, and Manganese. It has a firm texture and an earthy (some say nutty) flavour, which becomes more pronounced as it ages. It's a versatile ingredient that works across multiple cuisines and food cultures. Tempeh is fast becoming a favourite food of the plant-based community, where it is added to salads, noodles, tacos, sandwiches, and stews or combined with spices and marinades to become tempeh bacon and tempeh burgers.



Did you know?

Tempeh originated hundreds of years ago in Indonesia, on the island of Java.

Considered “the pride of Indonesia,” tempeh is an accessible and inexpensive source of protein for Indonesians, in a country where meat is not eaten daily.

Indonesians consume up to **seven kg** of tempeh per person annually!

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GROUND CHERRIES

Never had ground cherries? Well, first important thing to know, these little gems that look like Chinese lanterns are not cherries. Sorry. They come from the same genus as tomatillos (used to make salsa verde), *Physalis Philadelphia*—they share the similar papery husk—and are from the same family as tomatoes. Ground cherries taste slightly sweet and tropical. Their texture is somewhere between a tomato and a grape.

With their bright yellow colour, ground cherries contain beta carotene, an antioxidant that our bodies can transform into vitamin A. They are also a good source of vitamin C, which helps us absorb iron and is known for its antioxidant effects.

Cooking Tips

Ground cherries are often used as a decorative garnish in desserts. Add them to a fruit salad or dip them in chocolate for a special treat.

They can also be combined with berries and baked into a crisp or crumble, and they make a great jam. They combine very well with a hint of vanilla. Ground cherries can also be substituted for green tomatoes and used in salsa (just as chef Alejandro did), ketchup or chutney.

Ground cherries grow in Quebec and can be found in many markets and grocery stores from August to October. To enjoy them all year long, place them on a cookie sheet in the freezer for about two hours before transferring them to a freezer bag. They'll keep in the freezer for several months.

Fun fact

As ground cherries ripen, they fall to the ground — hence the name... duh.

