

Tempeh Balls

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To inspire everybody who joins this week without meat (#weekzondervlees) in Holland, I've made Beb Vuyk's tempeh balls. Recipe #372 in her book sounds easy and delicious. In Indonesia they are called **perkedel tempe**.

The **ketumbar** (coriander powder) and **jinten** (cumin powder) give the perkedel their specific flavor. In combination with the warm flavored tempeh, the tempeh balls taste almost like freshly roasted nuts.

This recipe is enough for about **15 balls**. I make them the size of a ping-pong ball and it takes me about **25 minutes** to make.

Tempeh balls (Ento-ento from Solo) #372 translated from Beb Vuyk's Groot Indonesisch Kookboek, page 305.

Ingredients

- 1/2 slice of tempe
- oil

- 1 egg

herbs

- 3 tablespoons of chopped onions
- 2 shredded garlic cloves
- 1 teaspoon of sambal ulek
- 1 teaspoon ketumbar (coriander)
- 1/2 teaspoon of jinten (cumin)
- 1 teaspoon of Javanese sugar
- salt

1. Rub onions, garlic, sambal, ketumbar, jinten, sugar and salt together to form a paste.
 2. Steam the tempeh briefly or boil shortly in a little bit of water.
 3. Crush the tempeh with a fork and mix with the herb paste and an egg.
 4. Form small balls and cook them in a deep frying pan.
 5. Let drain.
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Ento-ento: balls of tempe from Solo – Ingredients

I get two slices of tempé of 250 grams each. I don't know how much Beb means in her recipe with '*1/2 slice of tempeh*'. But I now have a **pound of tempeh** and that is quite a lot. That's why **I double the amount of herbs**. I **add a teaspoon of salt** to my meatballs.

In the end I use 1 medium egg and not two, as in the photo. The tempeh is wet enough with 1 egg to mold into balls.

Cook the tempeh

I boil the tempeh briefly. I think that cooking is necessary to soften the tempeh to process later.



Tempeh

Bumbu (herb paste)

In my cobek (mortar) I rub onions, garlic, sambal, ketumbar, jinten, sugar and salt until it forms a paste. I do not rub the bumbu too finely. The onions help the ball to stay light and airy after frying.



I let the tempeh cool down for a while, because the layers of beans keep the tempeh crazy lava hot for a long time. So awas!

It was quite difficult to crumble the tempeh. Maybe they needed more cooking time. I use my hands to squeeze the tempeh beans fine and manage to mix the bumbu all the way through together with one egg.



The tempeh remains a solid mass but is sticky enough to form balls.

Deep-fry

Beb writes in her recipe: *"Form small balls and cook them in a deep frying pan."* It is not clear to me whether the balls should be fried or not. I opt for frying anyway. Baking in a pan in a thin layer of oil is ofcourse also possible.



I buy special vegetable frying oil with an anti-splatter solution. This makes the oil practically odourless. In a small pan, I deep-fry my ento-ento in about a 1,5 minute each (or until nicely browned) into crispy balls.



I fry three at a time. Too many tempeh balls together in the oil, will make the oil cool down too quickly which can result in greasy balls.

I sprinkle some finely chopped fresh coriander and a teaspoon of homemade serundeng (roasted coconut shavings) on top. Delicious!

We eat the perkedel tempe or tempeh balls with nasi kuning and ketjap manis (sweet soy sauce) as a condiment. For vegetables I make a crispy urapan salad.



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