

A Romantic Meal by Bita Hunt

ROASTED GREEN BEANS WITH SHALLOTS

SERVES 6

2 lbs. green beans
1 shallot, finely chopped
2 tb. olive oil
sea salt to taste

Preheat oven to 450F.

Toss beans and shallots with oil. Arrange on foil lined baking sheet.

Sprinkle with salt. Roast for 20-25 minutes, or until beans are blistered and tender. Serve immediately.

LEMON-GARLIC SHRIMP

SERVES 4

1 lb. large shrimp, peeled and deveined
2 garlic cloves, minced
2 tb. extra virgin olive oil
2 tb. Italian parsley, minced
1/2 tea. ground coriander
grated zest of 1 lemon
1/2 tea. Lundberg brown rice syrup/honey
sea salt and pepper to taste
1 cup breadcrumbs, whole wheat
1 lemon, cut into four pieces, for garnish

Place shrimp in a bowl.

Add garlic, oil, parsley, coriander, lemon zest, and brown rice syrup, and toss to mix well. Marinate for 30 minutes in the refrigerator.

Preheat oven to 375F.

Season shrimp with salt and pepper. Dredge in breadcrumbs to coat evenly. Place shrimp on a foil lined baking pan that has been greased. Bake until crumbs are golden brown and shrimp are opaque, about 8 minutes.

Transfer shrimp to a platter. Serve either hot or warm with lemon wedges.

FRUIT AND NUT COUSCOUS

SERVES 6

12 oz. whole wheat couscous
3 cups water
1/3 cup dried cranberries
2 tb. extra virgin olive oil
juice of 1/2 lemon
1/4 cup slivered almonds, toasted
1/2 tea. umeboshi plum vinegar
2 tb. Italian parsley, minced
sea salt and freshly ground black pepper to taste

Bring water to a boil over high heat with a pinch of salt. When boiling, add in couscous.

Boil on high heat, uncovered until all the water is absorbed. Turn off flame.

Scatter cranberries on top. Cover with lid and let sit, undisturbed for 5 minutes. When time is up, fluff with a fork into a large serving bowl. Add in remaining ingredients and toss well to combine. Taste for seasoning.

CHOCOLATE CHIP BLONDIES

MAKES 6 2x 3" SQUARES

1 1/4 cup oats, ground
1/2 cup + 1 tb. whole wheat pastry flour
1/2 tea. baking soda
1/2 tea. baking powder
1/4 tea. sea salt
1/4 cup + 2tb. safflower oil
1/2 cup maple syrup
1 tea. vanilla

1 cup chocolate chips (grain sweetened, refined sugar free ones)

Preheat oven to 350F. Oil an 8x8" baking pan. Mix the dry ingredients together in a medium bowl.

Mix the wet ingredients together in a small bowl. Add the wet to the dry and mix to combine.

Mix in the chocolate chips. Pour the batter into the prepared pan. Bake for 15 minutes and rotate pan half a turn to ensure even baking. Bake for 6-7 minutes more or until it is golden around the edges. Let cool for at least 30 minutes before cutting.

PEAR TRIFLE WITH CASHEW NUT DREAM CREAM

by James Trevena As featured in The Organic Living Magazine

200g cooked cashew nuts

boil nut for 30 min drain and rinse.

0.5l white grape juice

2 soft sliced pears

300ml apple Juice

4 teaspoons agar-agar

4 organic biscuits

Heat the apple juice and whisk in the agar-agar simmer until agar dissolves. Then crush the biscuits and place in a beautiful dessert glass, now layer the chopped pears over the biscuits. Pour the apple juice jelly over the pears slowly and put in the fridge to set. Meanwhile blend the cashew nuts and grape juice, add the juice slowly until it becomes thick and creamy. Pour over the top of the trifle and garnish with mint leaves toasted pistachio nuts with rice malt.

Seitan Paella by Mark Hanna

cooking time- 1 hour

2 cup. short grain brown rice -washed & soaked for 2 hrs.

12 cup. vegetable stock w/ kombu

1 tsp. saffron

¼ cup. olive oil

½ cup seitan -cut into ¼ inch cubes

*salt *pepper

1 cup. onion -medium dice, ¼ cup. carrot dice, ¼ cup. celery -md. dice

2 tbs. Garlic -minced, ¼ cup. summer squash -md. Dice, 1 cup. mushroom -md slice

¼ cup. burdock -small dice, 1 bunch parsley -minced, 2 lemons -quartered

1. Prepare vegetable stock by using veggie scraps & kombu

2. Sauté onions & garlic in olive oil while stirring for 10 min.

add the rice & saffron while constantly stirring, cook 10 more min.

3. Slowly add vegetable stock while stirring, adding more stock as the rice absorbs and continue for 30 min. on reduced heat.

4. Add carrot, seitan, celery & burdock. Continue to stir, add more stock; approx. 20 min or until tender.

5. Still stirring & adding stock, add mushrooms & squash.

6. Season w/ salt & pepper & cook 10 more minutes.

7. Serve on a plate garnished with chopped parsley & lemon wedges

Braised Carrots with Cherry-Ginger Glaze

by Christina Pirello

Stewing vegetables creates a very specific energy in the body, especially root vegetables. Braising--stewing in very little water--draws nutrients deep into the intestinal tract, strengthening digestion and helping to create healthy micro villi and flora. The delicate sweetness of the cherries relaxes the middle organs, easing digestion and the ginger stimulates circulation. When the digestive tract is functioning smoothly and efficiently, it shows--with hair that is strong, lustrous and healthy--truly your crowning glory.

2 tablespoons light sesame oil

6-8 carrots, 1/4-inch thick diagonal pieces

1-inch piece fresh ginger, juice extracted

1 tablespoon brown rice syrup

½ (one half) cup minced unsweetened dried cherries

spring or filtered water

soy sauce

1/4 cup minced chives, for garnish

Heat oil in a deep sauce pan and saute carrots pieces until shiny with oil, about 30 seconds. Add ginger juice, rice syrup, dried cherries, enough water to just coat the bottom of the pot and a dash of soy sauce. Cover and bring to a gentle boil over medium heat. Reduce heat to low and cook until the carrots are just tender, about 25 minutes. Season lightly with soy sauce and simmer until any remaining liquid has been absorbed into the dish. Gently stir in chives and serve hot. Makes 3-4 servings.

Beautiful Barley Cakes by Roxanne Koteles-Smith

2 cups cooked pearled barley

2 ea. garlic cloves, minced

1 ea. medium onion diced small

½ cup fresh or frozen sweet peas

½ cup corn

1 cup cooked black soybeans, drained

½ cup daikon, washed and cut into ¼-inch dice
½ cup carrot, washed and cut into ¼-inch dice
2 ea. leafy green leaves (collards, kale, bok choy),
washed and thick stems removed
¼ cup fresh parsley, washed and chopped
1 cup organic white pastry flour
1 TBS. Shoyu or Tamari

Green & Yellow Bean Puree

1 cup fresh green string beans, washed and cut into 1-inch pieces
1 cup fresh yellow string beans, washed and cut into 1-inch pieces
Spring or well water
½ tsp. Ume plum vinegar
Toasted Sesame Oil

Garnish: Toasted Black Sesame Seeds and sliced scallions

1. Place string beans in separate saucepans with ¼-inch water and two drops of Ume plum vinegar. Bring to a boil. Reduce to a simmer. Cover with a lid. Simmer 5 minutes. Remove from heat. Place yellow beans in a blender or small processor. Puree. Adjust thickness with bean broth. Place in small bowl and set aside until plating. Repeat using green beans.

2. In large sauté pan toast the garlic in the ½ tsp. sesame oil. Remove garlic from sesame oil. Set garlic aside.

3. Stack leafy greens. Roll them like a cigar. Slice very thin. Heat oil in sauté pan over medium-high flame. Add greens.

Cook 1 minute or until bright green. Remove greens. Set aside.

4. Place barley, cooked garlic, onion, peas, corn, soybeans, daikon, carrot, leafy greens and parsley in large bowl. Fold mixture together until well blended. Add tamari and flour. Test mixture for ability to hold the shape of a small patty. If

mixture is too moist add small amount of flour. Blend. If too dry add water.

5. Brush bottom of sauté pan with sesame oil. Heat over a medium flame. Place a food ring in pan. Spoon in the barley mixture. Pack mixture in ring. Remove ring. Or shape with hands. Cook until golden brown on bottom. Turn cake over. Cook until golden brown on both sides.

6. Garnish: Drizzle or create your own design with the yellow and green bean purees. Sprinkle with fresh sliced scallions and toasted black sesame seeds.

Verne Varona favourite macrobiotic recipe

Wild Rice with Pecans & Shiitake-Onion Topping

1 cup wild rice
2 - 2 1/2 cups filtered or spring water
1 Tbs. sesame oil
1/4 - 1/3 tsp. sea-salt
1/2 cup roasted pecans

Sauce:

1 cup minced onion
1 cup fresh shiitake, diced
1 1/2 cups water (approximately)
2 tsp. tamari

Dice an onion and water fry in approximately 1 1/2 cups water until onion becomes clear.

Add diced shiitake and stir. Make sure there is at least 1 cup of water remaining to cook the mushrooms. Cook for 3 to 5 minutes.

Add in 2 tsp. tamari and remove from heat. Put aside

Wild Rice with Pecans:

Oven roast or dry pan-roast chopped pecans until browned and fragrant. Put aside.

Rinse wild rice in a colander under cold running water. Allow to drain.

Place water and salt in a heavy saucepan over high heat and bring to a boil.

Add rice when the water boils and lower to a simmer.

Simmer rice for approximately 40 minutes. The kernels will usually split open.

Add the roasted pecans and allow to steam with the cover on for another 10 minutes.

Add shiitake-onion topping and mix. Optional: Add fine chopped parsley as a garnish.

Notes: While I recommend hand-harvested varieties of wild rice (as opposed to darker color commercial varieties) they are harder to come by and usually more expensive. Hand harvested has a distinct nutty and woody taste and require less water. Excerpted from: "Nature's Cancer Fighting Foods" Author, Verne Varona

Fried Fish

The fish needs to be prepared an hour before cooking.

Serves: 4 people Preparation time: 10 minutes

Ingredients:

1 pound white fish such as fluke flounder

2 tablespoons shoyu

1 tablespoon mirin or sake

1 tablespoon brown rice vinegar or 1 tablespoon grated fresh ginger

1-2 tablespoons sesame oil

Small amount corn flour

Lemon

Utensils: Large dish, skillet

Preparation:

Place the fish into a dish and cover with the shoyu, mirin, and vinegar.

Marinate for at least one hour.

Remove the fish and cut it into three inch pieces.

Roll the fish pieces in a little corn flour.

Heat a skillet on a medium flame and add the oil.

When the oil, is hot add the fish and sauté for two to three minutes on each side or until the fish is tender and golden

brown in color. Remove and place on a serving dish. Serve garnished with lemon.

Steamed Fish with Sautéed Vegetables

Serves: 4-6 people Preparation time: 25 minutes

Ingredients:

1 pound white fish

1 carrot cut in matchsticks

2 cups Chinese cabbage washed and finely sliced

10 snap peas washed and sliced

1 tablespoon natto miso chutney

1 tablespoon sesame oil

1 tablespoon shoyu

Utensils: Steamer, medium pot with lid, large skillet

Preparation:

Lightly sprinkle the fish with salt

Place the fish in the steamer and steam for 10 minutes or until tender.

Place in a serving dish.

Heat the oil in a skillet over a high flame.

Sauté the carrots for about 1 minute, add the

Chinese cabbage and then the snap peas. Continue to sauté for another minute.

Add the natto miso and mix through well.

Season with shoyu and stir through the vegetables.

Place the sautéed vegetables over the fish.

Serve garnished with parsley.

Mirin

The mirin found in natural food stores is usually the high quality, naturally fermented product, although care should be

taken not to purchase those that are commercially brewed and seasoned with sugar. Mirin is related to the rice wine,

sake. Mirin is usually used for cooking while sake is usually served hot as an alcoholic beverage. The naturally brewed mirin gets its sweet flavor from sweet rice and koji. Mirin is an excellent addition to marinades, sauces, dips, fish dishes, soups, stews and noodle dishes.

Sweet and Sour Shrimp

Serves: 4-6 people Preparation time: 15 minutes

Ingredients:

1/2 pound cooked shrimp
2 tablespoons balsamic vinegar
2 tablespoons brown rice vinegar
2 tablespoons shoyu
1 tablespoon mirin, sake or red wine
1 tablespoon rice syrup
1 tablespoon sesame oil
1 teaspoon minced fresh ginger
1 teaspoon minced fresh garlic
1 cup fresh or frozen organic peas
2 scallions rinsed and finely sliced
1 tablespoon kuzu diluted in a little cold water
1/2 cup spring water
4 cups cooked brown rice

Utensils: Large skillet

Preparation:

Combine the shoyu, vinegar, rice syrup, mirin and water.

Warm a skillet on a medium flame and add the sesame oil.

Lightly sauté the ginger and garlic for about 30 seconds.

Add the shrimp, peas and scallions and sauté for about 1 minute or until heated through.

Add the shoyu mixture and the diluted kuzu and stir until the sauce thickens or for about 1-2 minutes.

Serve immediately on top of hot, freshly cooked brown rice.

Steamed Fish Rolls

Serves: 4 people, Preparation time: 20 minutes

Ingredients:

1 pound baby flounder

Basil leaves

Lemon

Pinch sea salt

1/2 cup spring water

Sauce Ingredients:

2 tablespoons sweet white miso

1 tablespoon mirin

1 teaspoon mustard

1 teaspoon shoyu

1/2 cup spring water

Utensils: Small pot with lid, toothpicks, blender

Preparation:

Cut the filets lengthwise and place a few fresh basil leaves in the center of each.

Roll up the fish and secure with a toothpick.

Place the rolls in a pot with a little water. Arrange slices of lemon on top of the fish. Rub a little salt on each roll.

Steam, covered on a low to medium flame for fifteen minutes or until the fish is tender.

Place on a serving dish and serve with the sauce.

Fish Soup with Mochi

This soup is extremely nourishing and helps to strengthen your blood and relieve anemia.

Serves: 4-6 people preparation time: 35 minutes

Ingredients:

1/2 pound sea trout cut into chunks

1 large carrot washed and shaved

1 cup burdock washed and shaved

1 medium onion diced

1 bunch watercress washed and sliced

1 tablespoon sesame oil (optional)

1/4-1/2 block mochi cut into squares

1 heaping tablespoon barley miso diluted in a little soup stock

4-6 cups spring water

1-2 teaspoons fresh ginger juice

1-2 sheets toasted nori cut into strips

1 scallion washed and finely sliced for garnish

Utensils: medium pot with lid.

Preparation:

Heat the oil in a warm pan and add the onions.

Sauté on a high flame for 1-2 minutes and add the carrots.

Sauté for 1-2 minutes and repeat with the burdock.

Add enough water to cover the burdock and simmer for 15-20 minutes or until soft.

Add the sliced trout and simmer for 10-15 minutes.

Add the rest of the water and return to a boil on a medium flame.

Add the diluted miso, turn the flame to very low and add the mochi and greens.

Cook for 3-5 minutes and serve garnished with ginger, toasted nori strips and scallions.

Sukiyaki

Serves: 4-6 people Preparation time: 15 minutes

This dish is an excellent way to get high energy that is long lasting. Sukiyaki helps to open you up, so your energy flows more freely. It is nourishing and relaxing and helps to make you feel less pressured. This is a great way to serve fish for children.

Sukiyaki is a complete meal in itself and makes a great lunch or simple dinner. It can also be used as a side dish for a more elaborate meal.

Ingredients:

1 pound white fish sliced

2 cups cooked udon noodles

1 carrot rinsed and finely sliced

2 cups Chinese cabbage rinsed and finely sliced

1 cup broccoli rinsed and cut into florets

1/2 cup string beans rinsed and halved

1/2 cup scallions rinsed sliced in half inch pieces

1/2 cup spring water

1 tablespoon sesame oil

1 tablespoon shoyu

1 tablespoon mirin

Utensils:

Cast iron skillet with lid or heavy pot with lid

Preparation:

Warm the skillet on a medium flame for a few seconds. Add the oil and warm for a few seconds.

Place the vegetables, fish and noodles in sections around the pot.

Add the water, shoyu and mirin.

Cover with a lid and steam on a high flame for about 5 minutes.

Serve hot from the skillet.

To shallow fry the tofu, heat a small amount of sesame oil in a pan. When the oil is hot, add the tofu. Cover with a lid and fry on a medium flame for about 3 minutes. Turn the tofu over and fry on the other side for 3 minutes more.

Remove tofu and drain.

Aine McAteer- favourite macrobiotic recipes

Golden Hiziki Tarts:

These delicious little pies make a great picnic or lunch box item. Since they're a little labour intensive, I like to make a big batch and freeze some to pull out and re-heat when I don't feel like cooking.

1 pkg. Hiziki

1 Tbs. light sesame oil

1 onion - small diced

Pinch sea salt

1 med. carrot - julienne

1 ear corn - kernels removed from cob

1/2 cup apple juice

1 Tbs. tamari - or to taste

1 tsp. fresh ginger juice

2 green onions - thin diagonal slices

2 carrots - diced

8 ozs. tofu

2 Tbs. olive oil plus extra for drizzling

1 Tbs. white miso

1 tsp. umeboshi plum vinegar

1 batch of whole-wheat pastry

Rinse Hiziki thoroughly and soak in spring or filtered water for about 20 minutes.

Heat sesame oil in a pan and sauté onions for 1 minute, adding a pinch of sea salt. Add carrot and corn kernels and continue to sauté for a couple of minutes. Drain Hiziki and chop it into small pieces. Add Hiziki to pan along with half a cup of its soaking liquid and half a cup of apple juice.

Bring to a boil, cover pan and allow to simmer on a low heat for about 15 minutes. If not all liquid has been absorbed, remove lid from pan, turn up the heat and boil it off.

Add tamari, ginger and green onions and mix well.

While veggies are cooking, you can prepare topping. Steam carrot until soft and puree in a blender or food processor, drizzling a little water in gradually to get a thick, creamy consistency. Taste test and add a little more miso or plum vinegar if you require a stronger taste.

Divide pie crust into (6 or 8) pieces. Roll each piece into a circle about 1/8" thick, between two sheets of waxed paper or clear plastic wrap. You have two options at this stage. For both you will need to preheat the oven to (350 deg.?)

Notes: Option one: For this you need two mini tart trays - each tray will probably have four pie compartments. Line the bases of the tart trays with rolled out pastry and trim and crimp the edges. Spoon about 2 Tbs. of the veggie mixture into the pie base and spread some of the tofu mixture on top. For a prettier look, you can use a piping bag and pipe mixture decoratively on top. Drizzle a little olive oil on top of each pie and bake for about 25 minutes.

Option two: Put about 2 Tbs. of the veggie mixture onto the center of the rolled out pastry. Dampen the edges of the pastry and fold over to form a half moon. Trim and crimp the edges with a fork to seal.

Place on an oiled baking sheet and bake for about 25 minutes.

Can be served hot or cold with a dollop of the tofu cream. If serving hot, you can warm the cream. If you prefer you can add more water to thin it out a bit so you can pour it as a sauce over the pie

Basic Pastry Crust

Ingredients: Method:

3 cups whole-wheat pastry flour

1/2 cup safflower oil

Pinch sea salt

Iced water to bind - approx 1/2 cup

In a mixing bowl, combine flour and salt. Gently pour in oil, mixing with a fork until consistency of breadcrumbs.

Drizzle in cold water, continuing to mix with a fork until dough binds and forms a ball. You can use your hands to knead a little until dough is smooth and pliable. Make sure it is not too wet - if it is, add a little more flour and knead in.

Let stand in a cool place for approx. 30 mins. Before rolling out. Roll out to desired shape between two pieces of waxed paper or saran wrap.

Variations:

As an alternative to whole-wheat flour, try Spelt flour or a combination of whole-wheat or Spelt and unbleached white flour or barley flour - experiment with different combinations. 1 cup of brown rice flour or corn flour can also be used along with whole-wheat or spelt. This will give a more crumbly texture to the pastry.

•• In place of water, try fresh carrot juice if making a savoury pie, or fruit juice such as apple, pear or apricot juice if making a sweet pie. Just make sure whatever liquid you are using is ice cold.

•• Enhance the flavour of a savoury pie by adding a sprinkling of dried or fresh herbs to the pastry or if making a sweet pie, add a dash of cinnamon or allspice.

•• For a rich pastry, add 1 cup of ground nuts such as almonds, walnuts, hazelnuts, cashews or pistachios, omitting one of the cups of flour - in this case, use a little less oil as the nuts are rich in oils.

Instead of using canola oil, you can use safflower or corn oil (corn oil gives a richer, more buttery taste).

Guinat Janet Rice favourite macrobiotic recipe

Furofuki Daikon

Ingredients: Method:

(For three servings):

1 daikon (or carrot) with greens;

pinch of sea salt,

light or dark miso,

kombu or shiitake mushroom

Place about 1 cm of water in the bottom of a medium sized pot. Break a postage-stamp sized piece of kombu into small pieces and place in the bottom of the pot: Alternatively, use 1-2 dried shiitake mushrooms. After the kombu or shiitake is in the pot, turn on the flame to medium and allow the water to slowly come to a gentle boil. Let it boil for several minutes until you can smell the delicious flavor in the steam.

Meanwhile, cut the daikon into 2 cm-wide wedges on a diagonal. Place them into the cooking water and sprinkle a moderate pinch of sea salt over the daikon. Let them cook about 10 minutes at a gentle boil, covered, until they look partially transparent.

Dissolve miso in a bowl using cool water. You may use either sweet white miso, barley miso, or a combination of both. When the daikon has cooked about 10 to 15 minutes, pour the miso over it, and continue cooking, covered.

As the water boils off, toss the pot with both hands in order to coat all the daikon pieces with the miso. Continue cooking until all the water is gone and the daikon pieces are soft and easily speared with a chopstick. Toss it again, and continue cooking until all the water is gone. The total cooking time is about 1/2 hour. The daikon should be sweet and soft, without a bitter taste.

As a variation, replace daikon with carrot for a more strengthening dish.

Notes: I learned this dish from Michio Kushi recently when I was cooking for a woman with metastasized cancer.

Michio explained that many long time macro friends get ill because of overly yang conditions. This dish is both relaxing and strengthening at the same time, a subtle combination. It can be enjoyed daily or every other day in order to loosen

and melt animal fat and protein that has been held in the body for many years. It's best to accompany this dish with water sauteed daikon greens, cooked slowly with a pinch of salt added after they come to a boil. Use radish greens or cauliflower leaves as an alternative. As in the daikon dish, flavor the cooking water with either kombu or shiitake before adding the finely chopped greens, and cook them down until the water has evaporated

Christine Stevens favourite macrobiotic recipes

Arame Tortilla's

Ingredients: Method:

1 cup of dried arame

1 cup thinly sliced yellow or sweet onions

1/2 cup of carrot, cut in thin strips

1/2 tsp. of toasted or hot or regular sesame oil

2 tsp. of shoyu

1 tsp. of toasted, blonde sesame seeds

3/4 cup of good water

Boiling arame with onions and carrots:

Rinse arame under cold water - put in bowl and set aside, so arame can absorb the rinsing water and get soft. (10 min.)

(No need to soak!) Meanwhile slice onions and carrots. In small sauce pan: warm the oil and sauté onions for 1 min. Add carrots and sauté together for 2 min. Add soft arame. Do not mix. Add water to cover the carrot and onion and the bottom of the arame. Add 1 tsp. pf shoyu. Hold the handle of the sauce pan and circle pot to coat the vegetables with the liquids.

Bring to boil, cover and simmer for 25 min. Add the other tsp. of shoyu and cook off extra cooking water by taking off the lid. his usually takes another 10 min. Serve in ceramic bowl with sesame seeds sprinkled on top.

To serve: steam 3 corn tortilla's at a time for 1/2 min. ill each tortilla with a tablespoon of arame mix. Roll up and enjoy

as a side dish any time! ave the leftover arame in the bowl with a saucer on top in the fridge for up to 4 days.

Note: Why this is my favorite recipe: As a woman I appreciate very much the quality nutrition of this very simple, yet delicious dish. When cooked just right, with just enough juices to keep it from sticking to the pot, it tastes very sweet. It keeps me flexible and satisfied while nourishing me with minerals.

David Kerr favourite macrobiotic recipe

British Breakfast, Avena con Miso and Cinnamon Toast

1 cup Organic Whole Oat Groats

2 cups Spring Water

A couple pinches of Celtic Sea Salt Add Miso, Miso Tahini Cream, & or Tekka I use a teaspoon or two of the miso after I put the oats in my bowl and then mix it up with my spoon. You can use oatmeal also and sprinkle the tekka on the miso cream.

Serve with

Cinnamon Toast

Organic Toasted Whole Wheat Bread.

Sweet Almond Butter or Oil or Olive Oil.

Rice Syrup and Cinnamon

Serve with Mugji Cha or Kome Cha for tea time

Ilanit Tof favourite macrobiotic recipe

Enchanted Broccoli Forest with Pumpkin Creme

And Enchanted Broccoli Forest base

1 cup organic polenta or coarse cornmeal
½ cup finely diced onions
1 ear of corn, taken off the cob
3 cups spring water
¼ to ½ teaspoon unrefined sea salt
½ cup parsley, finely chopped (omit for a sweeter taste)
unrefined sesame oil
1½ cups broccoli florets, blanched

Pumpkin Creme topping

3 cups of butternut, JAP pumpkin or sweet winter squash, skin removed and cut into large chunks
1 onion, cut into thin slices
1-2 tablespoons tahini (sesame butter)
1 tablespoon ginger juice or to taste
a pinch of unrefined sea salt
basil leaves (or fresh parsley)

Procedure:

Combine polenta, onions, corn, water and sea salt in a large saucepan and whisk together until the polenta mixture is smooth. Bring to a boil while stirring to prevent lumps. Cover with a tight fitting lid and immediately place the pot over a flame deflector and simmer for about 35 minutes, stirring occasionally. If the polenta thickens early, stir in more water. Once done, stir in the chopped parsley and pour into a baking dish, lightly brushed with sesame oil.

Insert the blanched broccoli florets

Procedure:

Place the pumpkin, onions and a pinch of salt into a steamer, Steam for 15 minutes or until soft. Remove and puree in a hand food mill or with a blender or food processor, Add the tahini, ginger juice and continue to puree until smooth and creamy, Pour this over the polenta base, Decorate with basil leaves, Allow to set and serve at room temperature or serve it warm (cover and place in pre heated oven at 180°C, 355°F for 15 minutes).

Variations

Instead of polenta for the base, use

- millet
- millet and polenta (with or without fresh corn)
- millet and chestnuts (omit broccoli)
- rice and millet
- rice, millet and chestnuts (omit broccoli)
- rice and adzuki beans
- rice and hato mugi
- rice and lotus seeds
- buckwheat and quinoa
- buckwheat, brown rice and fresh corn
- buckwheat and rolled oats
- quinoa and cornmeal
- quinoa and rolled oats
- rice and chestnuts (omit broccoli)
- any grain and mixed in toasted sunflower, pumpkin seeds, sesame seeds, almonds or walnuts after cooking
- any of the above grains or grain combinations and diced sweet vegetables such as pumpkin, carrot, parsnip, sweet potato

Instead of inserting broccoli florets into the base

- spread a layer of cooked arame on the base of your choice
- spread mashed or whole adzuki beans, chickpeas or lentils

Instead of pumpkin creme topping use

- broccoli and leek puree (top with arame and carrot curls)
- cauliflower and onion or leek puree (use very light tahini or omit and thicken with kuzu)
- parsnip creme
- sweet potato creme

Instead of tahini use

- almond or hazelnut butter or freshly roasted and ground nuts or seeds

Serving Suggestions

Start with a mild miso soup, then serve a slice of enchanted broccoli forest with a serve of quickly steamed or stir fried greens and some ginger pickles. Conclude with adzuki bean kanten and roasted barley or green tea.

Techniques Quick boiled broccoli: pour ½ cm of water into a saucepan and bring to the boil. Immediately place broccoli florets in the boiling water and sprinkle lightly with sea salt. Place lid on pan and cook over high heat for just a few minutes, until the florets have turned bright green yet are tender. The trick is to keep the lid on with a high flame for a short time.

Carrot curls: use a vegetable peeler or lemon zester to make decorative curls and arrange artfully.

How to pick a perfect pumpkin: if the stem is dry, then it is ripe and sweet. If it isn't a sweet pumpkin, sprinkle with salt, toss and allow to sit for 10 minutes to bring out the sweetness.

Notes:

Cook extra polenta, pour into a casserole dish, let cool, cut into squares and place in a pan lightly brushed with sesame

oil, top with pumpkin sauce, mushroom ragout or stir fried vegetables.

Add fried or un fried polenta squares to porridge or soup, make them small and use as croutons in soup or stir fries.

Cook extra broccoli to use in a salad, soup, stir fry or toss with buckwheat noodles, shiitake mushrooms and shoyu.

Cook extra pumpkin and puree into a thick soup or combine with millet for a sweet next morning porridge.

Make extra pumpkin creme to top or toss through brown rice noodles or place a dollop on top of creamy hot breakfast grain.

Dice extra onions for a quick soup or stir-fry starter for your next meal.

Chop extra parsley to have on hand as a garnish or chop lots of extra parsley for a quick tabbouleh salad.

Pumpkin Pie with Autumn Leaves Cutouts and Maple Tofu Cream

by Meredith McCarty

Makes 8 to 10 servings

Vegetable custard pies are an historic favorite in North America. Yankees prefer pumpkin or squash pies while Southerners cherish their sweet potato or yam pies.

This very fine pumpkin pie satisfies every time without the usual ingredients: brown or white sugar, honey or molasses, eggs, butter, and cream, half and half, or condensed (evaporated) or regular milk. Its reduced fat content compares favorably to the traditional pie containing 260 calories and 60 grams of fat per serving.

I prefer to use freshly-baked sweet winter squash for my "pumpkin" pies. The color is richer and the flavor is naturally sweeter than either canned or even fresh sugar pie pumpkin puree. Squash is the main ingredient in canned pumpkin puree.

Baking enhances the sweetness of butternut squash, the variety most widely available. Other favorites are buttercup, sweetmeat, kabocha, delicata, sweet mama or sweet dumpling squashes, and Hokkaido pumpkin.

To compensate for the great variety in textures of cooked squash from dry to quite moist, when pureeing in a food processor, add water to very dry squash to make it thick, smooth and creamy.

This no-bake recipe uses soymilk for a custardy filling texture. Both agar sea vegetable flakes (for a gelled consistency) and arrowroot starch (for the creamy smooth consistency) are used to create the great mouth-feel. Rice and almond milks may serve as standins for soymilk, but the pie will not be as rich in flavor or texture. Maple syrup lends the best flavor in the sweeteners' category.

Since commercial pumpkin pie spice may contain sugar, dextrose and extractive of spice, look for a more natural combination of cinnamon, ginger, nutmeg and allspice. Or measure your own as in this recipe.

Filling:

1 1/2 cups baked winter squash puree or a 15-ounce can pumpkin puree

2 tablespoons arrowroot powder

1 1/2 cups soymilk, rice milk or almond milk

1 teaspoon cinnamon

1/4 teaspoon each nutmeg and ginger (or 1 teaspoon freshly grated ginger)

1/8 teaspoon each allspice and cloves

1/2 teaspoon sea salt

1/2 cup pure maple syrup or another wet sweetener (all or part brown rice malt syrup or barley malt syrup)

3 tablespoons agar flakes

Single Crust Cutout Pastry with Glaze:

3/4 cup whole wheat pastry flour

3/4 cup unbleached white flour

1/8 teaspoon sea salt

1/4 cup light vegetable oil (walnut, sesame, etc.)

Up to 1/4 cup wet or dry sweetener, e.g. 1 to 4 tablespoons brown rice syrup, pure maple syrup, barley malt, sorghum syrup or honey; or maple syrup granules (optional)

Up to 1/2 cup water, apple juice or cider, or soymilk, less (none to 1/4 cup) with wet sweeteners, more (1/4 to 1/2 cup)

with dry sweeteners

Glaze (optional):

Pastries are sometimes brushed with milk or egg wash for a shiny surface. This new glaze creates a golden sheen.

Glazing the pie before it is baked is not as effective—ie. the glaze virtually disappears—as doing so towards the end of baking.

1 tablespoon brown rice syrup

1 to 1 1/2 teaspoons water

Maple Tofu Cream:

Makes 2 1/3 cups

Fresh tofu has a clean, neutral flavor. It takes on other flavors easily and whips up to a smooth creamy consistency. The light color resembles a traditional creme fraiche, the mildly cultured French cream made by stirring heavy cream with buttermilk or sour cream and letting it stand at warm room temperature for several hours. Medium or soft tofu is too watery to hold up with blending for application with a pastry bag, even when less sweetener is included in the recipe.

1 pound tofu, fresh and firm or medium

1/2 cup pure maple syrup or part brown rice syrup

1 tablespoon vanilla

Nutmeg for garnish

1. To prepare the squash, place it either whole or halved and cut side down on a baking sheet. (Halving the squash cuts the cooking time in half, but leaving large hard squashes whole makes for a happy cook.) Bake squash at 450° until quite soft when pierced with a fork or knife, 20 minutes to 1 1/2 hours depending on the size of the squash (and longer at a lower temperature, e.g. 350°). Discard skin or shell and seeds. Puree squash. You may need to add a tablespoon of water if squash is quite dry, e.g. kabocha squash. Measure yield; a pound of squash yields around 1 cup of puree.
2. Turn heat down to 350°. Prepare the pastry and the cutouts. My favorite shape for this pie is 10 autumn leaves. Transfer pastry to pan and cutouts to parchment paper-lined baking sheet. Bake, glazing rim and leaves after 8 minutes. Return to oven until done, 5 to 10 minutes more.
3. To make the filling, place the arrowroot powder in a small bowl with enough of the measured liquid (one of the milks) to cover generously. Place the remaining ingredients in a small saucepan and whisk to submerge agar. Bring to boil, stirring occasionally, and simmer until agar dissolves, about 5 minutes. Whisk arrowroot mixture into hot liquid and return to a simmer to thicken.
4. Whisk the hot liquid with the squash puree and transfer filling to pastry. Filling gels refrigerated or at room temperature. Decorate surface with pastry cutouts. A medium-large autumn leaf cutter is delightful used this way. Arrange the cutouts in different directions like falling leaves. (See the photograph in Sweet and Natural.)
5. To prepare the tofu whipped cream, blend the ingredients until creamy smooth. This takes about a full minute in a food processor. Spoon a large dollop (a little less than 1/4 cup) on top of each serving of pie, or squeeze the cream through a pastry bag with a small tip for a more decorative effect. (Refrigerate the cream if you need to firm up the texture.)

Garnish with nutmeg.

Calories: 198 Protein: 4g Saturated: 0.5g Fiber: 1g

Carbohydrate: 33g Fat: 6g Cholesterol: 0 Sodium: 204mg

Calories from Carbohydrate: 65% Calories from fat: 28% Calories from Protein: 7%

From Sweet and Natural by Meredith McCarty, winner of the Versailles Cookbook Fair

Award for Best Vegetarian Cookbook in English

Craig Sams favourite macrobiotic recipe

Ginger Hiziki

1 lb (450g) soaked drained hiziki

3 Tbsp extra virgin olive oil

1/2 tsp turmeric

8g salt

2 medium onions, chopped into 1/2" squares

2 oz garlic cloves, peeled and cut in half lengthways

4 oz ginger, peeled and chopped fine

2 oz apple juice or pear juice concentrate

1 pint (450ml approx) the liquid drained from the soaked hiziki

Tamari soy sauce

Add the turmeric to the olive oil in a large frying pan or saucepan

Heat gently, then add the onions, followed a few minutes later by the garlic, the ginger and the salt.

When the onions are translucent add the hiziki and the salt and the fruit

juice concentrate. Add the liquid from the hiziki and bring to the boil and simmer for 5-10 minutes.

Season to taste with tamari.

Margo Marver favourite macrobiotic recipe

Fall Roasted Vegetables

1 leek washed and sliced into 1 inches,
2 Parsnips chunked,
1 cup cubed Hokkaido or Buttercup Squash,

Dried Thyme and Sage,

Olive Oil,

Sea Salt,

Spring Water,

-Baking

mix all, cover with foil and bake 45 to 60 minutes

Patrick Hamouy favourite macrobiotic recipe

Couscous cake

2 cups of Couscous

3 cups of apple juice

A pinch of sea salt

Toasted nuts

Sugar free jam

Kuzu

Fruits to garnish

Rice syrup Bring the water and apple juice to a boil, add the salt and washed and drained Couscous, Stir thoroughly, cover and reduce flame to very low Simmer for just 5 minutes and then remove pan from heat Do not uncover, but leave to steam for 20 minutes

Remove Couscous to a bowl, and fluff up with a fork Wet the inside of a small spring-sided cake tin and press half of the Couscous into the base. Spread a layer of sugar free jam (St Dalfour is great) over it and then add the remaining Couscous Allow to cool and then remove from the tin Spread top and sides with jam and press chopped nuts into the sides of the cake.

Lightly steam or poach some thin slices of apple or pear in water with a little sea salt then use these to decorate the top of the cake Sweeten some of the liquid with rice syrup and thicken with kuzu dissolved in cold water.

Add some fresh fruit to finish off the decoration of the top (grape halves, strawberry halves ...)

and then pour over the kuzu glaze. Slice and enjoy !!!

Joanne Saltzman favourite macrobiotic recipes

Roasted Broccoli

Method:

1. Cut broccoli into eating size pieces and place on a cookie sheet with sides
2. Sprinkle broccoli pieces with olive oil; toss with hands until all pieces are lightly coated
3. Repeat the same technique with sea salt
4. Place into pre-heated hot oven (400 degrees F.) on the bottom of the oven if not convection
5. Turn once when the broccoli is greening. Cook until tender

Baked Cauliflower with garlic

Method:

1. Cut cauliflower into medium size pieces, place in baking pan that has a lid
2. Add whole garlic cloves, as many as you like
3. Sprinkle a layer of olive or light sesame oil on the vegetable, toss with hands until coated
4. Repeat step three with sea salt
5. Cover pot and bake in medium to hot (350 - 400 degrees F.) oven until vegetables are tender

Refried Millet Mash

Method:

1. Sauté green onion pieces in light sesame oil
2. Add Millet Mash (sautéed, pressure cooked onion, cauliflower, millet, water, sea salt ratio 1 part millet to three parts water) Do not stir until a light crust forms.
3. Add liquid umeboshi as a finishing salt. Cover and remove from heat to loosen any firm crust.

Sandy Pukel favourite macrobiotic recipe

Savory Stir Fried Seitan

1 LB. Seitan
2 Tbl. Sesame or Olive Oil
2 Garlic cloves; minced
2 Med. to Large Onions; thinly sliced
4-8 oz. Fresh Mushrooms or 3 shitake mushrooms (soaked); sliced
2 Tbl. Fresh Parsley; minced
3 Tsp. Arrowroot Powder or Kuzu (which ever is preferred)

Sea Salt, Mirin or Soy Sauce to taste Heat oil in large skillet; saute garlic and onions until onions are translucent; add mushrooms w/ a pinch of salt; cut seitan into slices or chunks and add to pan, Saute and cover for about 10 minutes; add parsley and let cook for a few more minutes; dissolve the arrowroot or kuzu w/ a few tablespoons of water (a few more for kuzu) and add to the dish while continuously stirring; stir 1 to 2 minutes until the thickness desired, season to taste with mirin or soy sauce; and Enjoy!!

Notes: This dish is a great compliment to any grain or pasta.

Bonnie Kramer favourite macrobiotic recipes

Squash Ginger Soup

1 onion, diced
2 cups buttercup squash (or any winter squash)
2 inches gingerroot, peeled and grated (keep the juice from the grated ginger)
scallions - sliced thin for garnish
3 teaspoons barley miso In a soup pot, add onions, squash and enough water to cover the vegetables
Bring to a boil, lower heat to a simmer, and cover
Cook until the squash is soft
Puree the vegetables in a food processor, return to the pot and heat
Puree approximately 3 teaspoons miso with the soup broth, and add this to the soup along with the ginger juice
Simmer 2-3 minutes more, Remove from the heat, and allow to set for 3-5 minutes
Serve garnished with the scallions

Notes: When I called Bonnie to ask her what her favorite recipe was, she could not think of a particular one at first. Since I am a regular participant of the Preventive Medicine Center cooking classes, she suggested that I take out all of the recipes we had covered in the classes for the past year. As we started reviewing them, we both agreed this one is a favorite. It's an autumn/winter recipe, but we decided to send it along because we love this soup! It is great for curbing a craving for sweets, with the sweet onion and squash. The ginger is warming and promotes blood circulation. ...and not to mention that it is so easy to make!

Karin Stephan favourite macrobiotic recipe

"My All In One Fried Buckwheat Noodle Dish"

Buckwheat or Soba Noodles
Roasted sesame oil
Scallions
Bean sprouts
Fresh shitake mushrooms
Watercress
Carrots
Extra firm tofu
Shoyu and ginger

While I'm boiling the water for the noodles, I heat the dark roasted sesame oil in a fairly heavy pan which is a cross between a pot and a frying pan. The one I use is four inches deep and the diameter of a medium sized frying pan.

While I'm heating the oil on a very low flame I wash the scallions, the watercress and the carrots and the shitake mushrooms. Then I cut the scallions at a diagonal in small pieces each about 1/8th of an inch long. I put the scallions in the oil and cover for a few minutes.

Then I add the freshly cut shitake mushrooms, some sprouts and re-cover for two or three minutes. During this time I chop the water cress and cut the two or three carrots in matchsticks, take the cover off and blend in both the watercress and the carrots. Then I crumble the tofu with my hands into the vegetables, cover again and let everything cook until a juice starts to form.

In the meantime, once the noodles begin to boil, I take cold water and pour it on the noodles, then bring them to boil a second time around. I let them boil for a few more minutes and then rinse them under cold water, running the water through the noodles with my hands several times so that the noodles stay very separate and until they are cold. Then I add some shoyu and ginger to my vegetables, shitake mushrooms and tofu, cover a few more minutes with the lid on, then take the lid off and add all of the soba noodles on top of the other ingredients.

I let cook for a few minutes like that and then bring the bottom ingredients with two spoons into the noodles and blend everything together. I add a little more shoyu and then quickly turn the pan upside down over my serving bowl before anything sticks to the bottom of my pan. I re-blend the noodles with the vegetables and tofu and serve with some roasted sesame seeds and a little more raw very thinly cut scallions as a topping.

Notes: This is one of many many of my favourite recipes but I chose this one because it perfectly suits me for lunch when I have many private Yoga lessons in the morning plus administrative work to do and don't have time to prepare many dishes for lunch. Also since I live in Boston where it can get very cold in the winter months it keeps my body warm and feeling very satisfied. I don't really need to have anything else with this dish except perhaps a little winter squash which I prepare with very little water, some ginger and shoyu and caramelize at the end by slightly overcooking it. The sweet squash beautifully balances the soba and both dishes leave me feeling good and with lots of energy.

Bettina Zumdick favourite macrobiotic recipe

Red Cabbage, Sweet and Sour - German Style

1 medium Red Cabbage, sliced thinly
1-2 Onions, sliced into thin half moons
2 small Apples, peeled, cored and sliced into thin slices
1 TB Sesame Oil
1 tsp Salt
small amount of Water
Rice Vinegar
Umeboshi Vinegar
Bayleaves, optional

Place the oil into a pot and slowly heat it up. Test heat of oil with one slice of onion. If the onion slice is sizzling, add the rest of the onions and sautee until they become glassy. Add the apples next, then the red cabbage, the salt and bayleaves. You may need to add a small amount of water to keep it from burning in the beginning. Cover it, bring it to a boil, and then turn the heat down. Simmer for approximately 1 hour and season with rice- and umeboshi vinegar to taste.

Simmer a little longer until all the tastes are mingled and the cabbage is very soft.

Serve hot.

Notes:
It is one of my favorite recipes because it is very satisfying and provides one with long lasting, stabilizing energy. It is particularly stimulating for Stomach, Spleen, Pancreas and Liver. Including a small amount of fruit occasionally in main vegetable dish can have a relaxing effect on an overly tense condition.

Margaret Lawson favourite macrobiotic recipes

MILLET PATTIES

2 cups cooked millet
1/2 diced carrot
1/2 diced onion
sea salt
2 TBS corn meal
1 minced onion
1/4 cup sunflower seeds
1/4 cup sesame seeds
oil for browning

Place 1-1/2 to 2 cups cooked millet in a mixing bowl. (Note: Millet to be cooked as follows: 1 cup Millet to 4 cups water with 1/2 diced carrot, 1/2 diced onion and 1 tsp. sea salt all simmered for 40 minutes). Combine cooked millet with the following ingredients: 1 minced raw onion, 2 TBS corn meal, 1/2 tsp sea salt, 1/4 cup sesame seeds, 1/4 cup sunflower seeds. Form into patties about 1/4" thick. Brown in oiled skillet on both sides.

Notes: Patties are a great way to utilize left-over cooked millet. Patties and burgers can be made using any leftover grain. These patties are very flavorful--- and if you have leftover millet on hand, this can be a quick main dish served with vegetable on the side.