

The Natural Epicurean

Academy of Culinary Arts

The Origins of Disease - The Road to Recovery: A
Weekend Seminar with Morgan Jones
Saturday Lunch – 11/6/2004

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Menu

Udon Noodles in Dashi Broth with Tempeh, Carrot, Daikon, Lotus Root & Shiitake

Nori Rolls (Sushi) with Sweet & Sour Burdock, Carrot, Green Onion, Fried Tofu & Takuan Pickle

Boiled Greens with Ume Lemon Dressing

Udon Noodles in Dashi Broth with Tempeh, Carrot, Daikon, Lotus Root & Shiitake

Cynthia Briscoe, Macrobiotics America

Yield: 8 servings

16 ounces organic udon (whole wheat) noodles
1 package organic tempeh
2 tablespoons organic sesame oil (for frying tempeh)
1 teaspoon organic unpasteurized shoyu (for seasoning tempeh)
1 teaspoon organic lemon juice (for seasoning tempeh)
1 medium organic carrot, sliced diagonally
1 small organic daikon, cut into 1/2-inch rounds
1 small organic lotus root, cut into 1/4-inch rounds (optional)
1 organic scallion, finely chopped (for garnish)

Directions

Begin the preparation of *Cornellia's Kombu Shiitake Broth* (dashi broth). Save the shiitake mushrooms used in making the dashi for adding to the noodle bowls.

Slice the block of tempeh in half to make 2 thin rectangles. Heat the oil in a covered skillet and pan-fry the two tempeh blocks until crispy on both sides. Drain, season with shoyu and lemon juice. Cut each rectangle into 4 squares, and then cut each square into 2 triangles. (You should end up with 16 thin triangles.)

Cook noodles to preferred tenderness, drain, rinse, and set aside.

Bring several inches of water to a boil in a large pan over medium-high heat. Lightly blanch the lotus root (so it is still a little crisp), drain and set aside. Lightly blanch the carrots (so they are still crisp) and set aside. Blanch the daikon until a skewer will go all the way through, but be careful not to overcook.

Slice the shiitake used in making the dashi into thin strips.

Divide the cooked noodles into individual bowls. To each bowl add 1 tempeh triangle, a few slices of shiitake, 2-3 carrot slices, 1 daikon round, and 1 lotus round. Immediately before serving, pour hot broth over noodles and vegetables. Garnish each bowl with finely chopped scallion

Cornellia's Kombu Shiitake Broth

Vega Study Center, Class Handout

Cornellia Aihara

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Kombu is high in iodine and thus is very good for treating or preventing goiter.

Yield: 7 servings

12 inches kombu

5 organic shiitake mushrooms

10 cups cold spring or filtered water

2-3 tablespoons organic unpasteurized shoyu (to taste)

Directions

First Broth

Soak kombu and shiitake in a pot with half the water until soft (about 1 hour). Remove kombu and cut each piece like a comb so that you have 1-inch squares that are still attached at the top. Return kombu to pot, cover, and simmer on medium flame for 20 minutes. (Do not boil this first broth. Boiling keeps the flavor in the kombu instead of releasing it into the broth.) Next strain the kombu and shiitake and set broth aside.

Second Broth

Cut the kombu into 1-inch squares and each shiitake into 8 little pieces. Place the cut kombu and shiitake into a pot with the other half of the water, bring to a boil, and simmer for 20 minutes.

Final Broth

Combine both broths. Bring to a boil, reduce flame to medium-low, add shoyu and simmer for 5 minutes. Serve as a broth or over noodles.

Reserve the kombu and the shiitake for making a condiment or adding to other dishes.

Nori Rolls (Sushi) with Sweet & Sour Burdock, Carrot, Green Onion, Fried Tofu & Takuan Pickle

Cynthia Briscoe, Macrobiotics America

Yield: 8 servings

— Burdock Logs —

1/2 teaspoon organic sesame oil

6 inches organic burdock root, sliced lengthwise into 1/4-inch pieces

pinch unrefined sea salt, SI brand recommended

3/4 cup spring or filtered water

1 1/2 teaspoons organic unpasteurized shoyu or umeboshi vinegar

2 teaspoons organic brown rice syrup

1 1/2 teaspoons organic brown rice vinegar

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— Nori Rolls —

3-4 teaspoons organic sesame seeds, toasted, chopped

6 sheets toasted nori

8-9 cups cooked brown rice

1 medium organic carrot, sliced lengthwise into 1/4-inch logs

1 bunch organic scallions, sliced lengthwise into thin strips

1/2 package organic takuan pickle, sliced lengthwise into 1/4-inch logs

2-3 pieces Pan Fried Tofu, sliced lengthwise into 1/4-inch thick strips

1/3 package organic ginger pickles

Directions

Burdock Logs

Heat the oil in a skillet. Add the burdock and a pinch of salt and sauté 2 minutes over medium-low heat. Reduce heat to very low, cover and sauté 5 minutes more. Add enough water to 3/4 cover the burdock. Add the shoyu, rice syrup, and rice vinegar. Cover, bring to a boil, reduce heat to low, and simmer about 40 minutes, or until tender and all the liquid has evaporated.

Pan Fried Tofu

Prepare the *Pan Fried Tofu* according to the recipe.

Nori Rolls

Wash seeds. Drain. Place one very thin layer of seeds (1-2 tablespoons) in a lightweight dry skillet, cover, and roast over medium-low heat. Shake pan every 5-10 seconds. Seeds are ready when they are easy to crush between two fingers. Remove to a bowl and continue for all seeds.

Bring 4 cups of filtered or spring water to a rolling boil. Add a pinch of salt. Blanch carrots by submerging in boiling water until bright orange and tender (about 1-2 minutes). Blanch collard stalks, then leaves until bright green (about 30 seconds).

Place a sheet of nori shiny side down on a bamboo sushi mat. Spread cool cooked brown rice to evenly cover

the bottom 3/4 of the nori sheet in a 1/4-inch thick layer, pressing rice all the way out to the sides and lower edge. Approximately 1 1/2 inches from the bottom, place a row of burdock, carrot, scallion, Pan Fried Tofu, and the takuan pickle on top of the rice. Sprinkle with sesame seeds. Roll up tightly using sushi mat curled under fingers. Lightly wet last 1/4-inch of nori to seal the nori roll together. Cut into 8 rounds.

Serve with ginger pickles on the side.

Cornellia's Special Pressure Cooked Brown Rice

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*Vega Study Center, Class Handout**Cornellia Aihara*

Yield: 2–3 servings

1 cup organic short grain brown rice, washed and soaked 3–6 hours (or overnight)

1 1/4 cups spring or filtered water

pinch unrefined sea salt, SI brand recommended

Directions

Follow the directions in *Washing & Soaking Rice* to prepare your rice for cooking.

When you are ready to cook the rice, add the salt, cover the pressure cooker, and place it on the stove over a low flame for 20 minutes. Next, turn the heat up to high to bring the pressure cooker up to full pressure. Once you have full pressure, put a flame tamer under the pressure cooker, reduce the flame to medium-low, and pressure cook for 45 minutes.

After 45 minutes, turn flame to high and take 2 deep breaths. Turn off heat and let the pressure come down naturally (don't open the valve to let off steam) for 10 minutes. Place pressure cooker on a cold, wet cloth until pressure is down completely. Remove the lid for a moment, re-cover the pressure cooker (but don't seal it), and let it sit for another 10 minutes.

To serve the rice, first wet a rice paddle and slide the paddle around the sides of the pressure cooker to loosen. Cut the rice into quarters and move the rice to a serving bowl, mixing the top (yin) and bottom (yang) rice with a slicing motion. Take care not to mash the rice when mixing. Serve immediately or cover the serving bowl with a bamboo mat until ready to serve.

Variations

- ✓ You can follow these same instructions for boiled rice, substituting a cast iron Dutch oven or a Le Creuset enameled French oven for the pressure cooker. The idea is to use a pot with a heavy lid that keeps much of the cooking energy in the rice. Where the recipe says *bring up to full pressure*, just think *bring to a boil*. You can add 5 or 10 minutes to the cooking time if you like your grain fluffier.
- ✓ Use this same method for cooking any grains that are similar in structure to rice (i.e. barley, hato mugi, whole oat groats, wheat berries, spelt berries).

Comments

Morgan Jones: I prefer using a 1-inch piece of kombu (sea vegetable in the kelp family) in place of the sea salt. I also use a little more water for a softer, stickier rice.

Pan Fried Tofu

Dawn Steinborn, The Natural Epicurean

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Yield: 6–8 servings

2 teaspoons organic sesame oil
2 cloves organic garlic, minced
1 teaspoon minced organic ginger
1 pound organic firm tofu
1 teaspoon organic unpasteurized shoyu, or to taste

Directions

Heat oil in a skillet. Add garlic and ginger and sauté until crispy (about 5–10 minutes). Remove most of the garlic and ginger. Cut tofu into 1/4-inch thick slices. Place tofu in the skillet. Cook until brown, turn and brown on the other side (about 10–15 minutes each side). Generously sprinkle each piece with shoyu, to taste. Cook 1 minute more on each side. Serve as a side dish or on a sandwich.

Boiled Greens

Vega Study Center, Class Handout

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Yield: 4 servings

1 bunch organic kale or other dark leafy greens
spring or filtered water

Directions

Wash the kale, and then separate the stems from the leaves. Cut the leaves into bite-size pieces. (Variety is important ... sometimes 1-inch slices, sometimes rolled and shredded.) Cut the stems into thin rounds or perhaps very thin diagonals. Keep the leaves and stems separate for cooking, as the stems may take longer to cook than the leaves.

Put 1 inch of water in a pot, and bring to a boil over a high flame. Place the stems in the boiling water, cover, and cook for 30–45 seconds or so, just until they are the brightest green possible and still a little crisp. (The cooking time depends on the variety and size of greens you are using. If you cook longer, the green color will begin to fade.) Remove the cooked stems with a skimmer, and place them in a woven basket to drain and cool. (Put a large mixing bowl under the basket to catch the water that drains off the greens.) After they have cooled, transfer the stems to a serving bowl so that you can use the basket for the leaves.

Bring the water back to a boil and add the leaves. Cover and cook for 20–30 seconds or so, just until the leaves are the brightest green possible and are still a little crisp. (Be careful not to over cook.) Remove the leaves with a skimmer and place them in a basket to drain and cool. To prevent the leaves from continuing to cook in the basket, separate the leaves from one another and spread them out in the basket so that they will all cool quickly. (Use an additional basket if needed.) After they are cool, mix the leaves with the stems in the serving bowl. Serve as is or top with one of the dressings if desired.

Variations

- ✓ Try mustard greens, collard greens, turnip greens, dandelion greens, etc.
- ✓ For a simple dressing, sprinkle umeboshi vinegar on just-cooked greens, so that the retained heat can lightly cook the salt in the umeboshi vinegar.
- ✓ Dinosaur kale, kale, and mustard green leaves can be torn into bite-sized pieces.
- ✓ Cook two types of greens separately, then mix together when cooled. E.g. collards and bok choy, or kale and mustard greens.

Ume Lemon Dressing

Chris Clark

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Yield: 4 servings

juice of 1-2 organic lemons

1-2 teaspoons organic umeboshi vinegar

Directions

Combine ingredients. Adjust measurements to taste. Sprinkle over boiled or steamed greens or over a salad.