

The Natural Epicurean

Academy of Culinary Arts

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

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Menu

Un-Chicken Soup

Pressure Cooked Short Grain Brown Rice with Hato Mugi and Corn

Gomashio

Arame with Onion, Dried Daikon & Dried Tofu

Steamed Carrot, Cauliflower, Kale & Red Cabbage Wedges with Green Goddess Dressing

Red Radish & Red Onion Quick Pickles

Un-Chicken Soup

Annalysa Aldren

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This soup has a wonderful warming and comforting quality.

Yield: 6–8 servings

1 small organic onion, diced
1/4 teaspoon unrefined sea salt, SI brand recommended
2 stalks organic celery, diced
1/8 teaspoon organic ground sage
1 organic bay leaf
3 inches wakame, torn into bits
1/2 medium organic butternut squash (or 2 carrots), cut into small cubes
1 1/2–2 cups organic corn kernels
organic chickpea miso, to taste
8 cups spring or filtered water

Directions

Water-sauté the onions with the sea salt. Add celery, sage and bay leaf, cover with water, and simmer 5 minutes. Add wakame and squash. Add water to cover, bring to boil, reduce heat and simmer 10 minutes. Add corn and 2–3 cups more water, bring to boil, reduce heat and simmer 10–15 minutes longer.

Turn off flame and add miso to taste.

Variations

- ✓ For a chicken-like texture, add seitan pieces with celery.
- ✓ For a slightly saltier flavor, add a small amount of 3-year barley miso to taste. Be sure to start with a small amount./ You can always add more if needed.

Pressure Cooked Short Grain Brown Rice with Hato Mugi and Corn 225

Vega Study Center, Class Handout

Cornellia Aihara

Hato mugi is a specialty grain which resembles barley, but is actually a member of the rice family. Hato mugi is useful for dissolving excess animal protein such as corns or warts. It can be used year-round. Also called pressed barley, pearl barley, or Job's tears.

Yield: 7 servings

2 1/2 cups organic short grain brown rice, washed and soaked 3-6 hours (or overnight)

1/2 cup organic hato mugi (pearl barley), washed and soaked 3-6 hours (or overnight)

2 ears organic corn, kernels cut off cob

3 3/4 cups spring or filtered water

1/4 teaspoon unrefined sea salt, SI brand recommended

Directions

Prepare this dish according to the directions for *Cornellia's Special Pressure Cooked Brown Rice*. Wash and soak the rice and hato mugi together. Add the corn just before cooking.

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.

Washing & Soaking Rice

*Vega Study Center, Class Handout
Cornellia Aihara*

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organic rice

spring or filtered water

Directions

Measure rice into a bowl. Wash the rice by covering with spring or filtered water. Pour water off through a strainer to catch any rice which falls out. Gently *scour* rice by stirring it with your hand in a rhythmic motion 3 times around the bowl and then pressing down in a kneading motion with your knuckles. Do this scouring procedure 3 times. Add more washing water to the rice and then strain off the water. This scouring method removes a small amount of bran (that could be stale) from the rice, thereby freshening the taste. Repeat this washing process until the water is fairly clear (usually 3 rinses).

Drain the rinsing water from the rice and add 1 1/4 cups of fresh spring water per cup of grain (or the amount of water specified in your recipe). Place a bamboo sushi mat over the top of the rice and let soak for 6–8 hours or overnight before cooking.

Variations

- ✓ Use this technique for any grain that is similar in structure to rice (i.e. barley, hato mugi, whole oat groats, wheat berries, spelt berries, etc.)

Comments

Remember that you will cook the rice in its soaking water, so be sure to soak the rice in the correct amount of water specified in your recipe.

Gomashio

Vega Study Center, Class Handout
Cornellia Aihara

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Yield: 36 servings

1 1/2 cups organic sesame seeds
2 tablespoons unrefined sea salt, SI brand recommended

Directions

Place sesame seeds in a bowl and cover with water. Some of the seeds will float to the top. Pour these floating seeds into a fine mesh strainer. Repeat covering the remaining seeds with water and pouring off the floating seeds until almost all the seeds are in the strainer. Only a few seeds along with any sand or pieces of debris should remain in the bottom of the bowl.

Drain the seeds in the strainer for about 30 minutes. Put the strainer on a folded towel to help absorb more water from the seeds. If you have time, the seeds may be drained overnight.

Heat a heavy cast iron skillet and roast the salt until dry and loose. Heating the salt will release chlorine gas and turn the salt slightly gray. Place the roasted salt in a suribachi and grind to a very fine powder.

Unless you have left the sesame seeds to dry overnight, you will need to dry them completely. To do this, place the seeds in the cast iron skillet and dry roast them, stirring continuously with a wooden spoon for even roasting. Roast the seeds until they no longer stick to the spoon.

Heat a stainless steel frying pan (not cast iron) over medium high heat. Cover the bottom of the pan with a single layer of sesame seeds. Place a lid on the pan and then shake the pan back and forth (as when popping corn). When the seeds begin to pop, test them by crushing a few seeds between the thumb and fourth finger. If they crush easily, the seeds are done. If the seeds begin to smoke, the heat is too high, and you should quickly remove the pan from the heat and lower the flame slightly. Pour the finished seeds into the suribachi. Roast the remaining seeds one layer at a time.

After roasting all the seeds, grind them in the suribachi with the salt. Continue grinding until 70–80% of the seeds have been ground. (It only takes a light touch to crush the seeds.)

Serve a sprinkling on grains as a condiment.

Variations

- ✓ This recipe yields a ratio of sesame seeds to salt of 12:1, which is fairly salty. If your condition is too contracted (yang), for hot weather, and for tropical climates, it might be better to prepare this condiment with a ratio of 16:1 (2 cups sesame seeds to 2 tablespoons of salt).

Comments

Gomashio stored in an airtight jar will retain maximum freshness for about two weeks.

Arame with Onion, Dried Daikon & Dried Tofu

Dawn Black, The Natural Epicurean

Cindy Briscoe

1088

Yield: 4–6 servings

2 teaspoons organic sesame oil
1/2 cup organic dried daikon
1 organic onion, cut in thin crescents
1 cup arame
2 cups spring or filtered water
3 pieces organic dried tofu
2 tablespoons organic unpasteurized shoyu
juice of 1–2 inches organic ginger

Directions

Soak dried tofu and dried daikon in separate bowls with enough water to cover. Soak until soft, 10–20 minutes. Squeeze water from tofu by pressing each piece between your palms. Cut each piece into eighths. Discard the water from soaking the tofu. Cut daikon into 1/2-inch lengths. Set the daikon soaking water aside for later use.

Wash arame (see *Washing & Soaking Arame*).

Heat the oil in a skillet or heavy cooking pot. Sauté the onion over a low flame until translucent (10–20 minutes). Add the daikon and sauté several minutes. Add the arame and sauté until water is almost evaporated. Add daikon soaking water and freshwater to 3/4 cover the vegetables, and bring to a boil. Add the fu and shoyu. Cook, uncovered or with lid ajar, over medium-high heat for about 30 minutes, stirring occasionally. When water is almost evaporated, turn heat to low and continue to cook for about 15 minutes, stirring occasionally. Add ginger juice, and let simmer 1–2 minutes to thicken the juices. Turn off heat, taste, and add more shoyu if needed. Serve.

To Wash Hijiki & Arame

Self-Healing Cookbook, Kristina Turner

440

hijiki or arame
water

Directions

These 2 seaweeds need to be washed to remove any sand, dirt, or tiny seashells.

First, look for tiny seashells and remove them. Then, submerge the seaweed in cold water. Rub together and swirl to loosen any sand. Then, lift out of the water, letting sand settle to the bottom. Place seaweed in a saucepan. Discard the wash water.

Hijiki

Hijiki needs to be soaked before cooking. Cover with fresh water and soak for 10 minutes or until pliable. Use soaking water in cooking.

Arame

Arame doesn't need soaking (even if the package says otherwise—it tastes better without soaking). Just let it sit a few minutes to absorb the wetness from washing before cooking.

Steamed Carrot, Cauliflower, Kale & Red Cabbage Wedges with Green Goddess Dressing

Cynthia Briscoe, Macrobiotics America

Yield: 8 servings

3 medium organic carrots, sliced into 1/4-inch thick diagonals

1 head organic cauliflower, cut into flowerets

1 bunch organic kale, leaves torn into bite-size pieces, stems sliced into 1/4-inch thick diagonals

1 head organic red cabbage, cut in half, core cut into thin slices, and each cored half cut into 8 wedges

spring or filtered water, boiling

organic unpasteurized shoyu (to taste)

Directions

Prepare the *Green Goddess Dressing* and set aside.

Place 1/2 inch of water in a pot. Set a stainless steel, collapsible steamer basket inside the pot. Cover the pot and bring the water to a boil. Place carrot inside the steamer basket. Sprinkle generously with shoyu. Cover and steam for several minutes until the vegetables are soft or until a bamboo skewer passes through the vegetable with only slight resistance. (Be careful not to overcook to the point that the vegetables lose their crispness.) Remove the carrots from the pot, saving the water.

Bring water back to a boil, and then steam the cauliflower exactly as you did the carrot. When the cauliflower is done, remove from the pot, again saving the water. (Add more water if necessary.)

Repeat the process to steam the kale leaves, kale stems, and red cabbage wedges.

Place cooked vegetables in a serving dish.

When you are ready to serve, place a cabbage wedge on each plate, add several slices of carrot, some cauliflower flowerets, and kale. Drizzle a small amount of *Green Goddess Dressing* over the vegetables and serve.

Green Goddess Dressing

Kushi Institute, Class Handout

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Yield: 4 servings

— *one of the following* —

2–3 organic pickled umeboshi plums, pits removed

2 teaspoons organic umeboshi paste

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1 cup spring or filtered water

2 tablespoons minced or grated organic onion

1/4 cup cooked brown rice

1/2 cup finely chopped organic parsley

2 tablespoons organic roasted tahini

1 tablespoon organic unpasteurized shoyu

Directions

Boil the umeboshi plums for 1 minute in the water. Add the onion and boil for another minute. Add the tahini and shoyu and cook for 3–5 minutes. Place this mixture in a blender, add the rice and parsley, and purée to a smooth, creamy consistency.

Variations

✓ For a different flavor, add a little sweet brown rice vinegar.

Red Radish & Red Onion Quick Pickles

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Basic Macrobiotic Cooking, Julia Ferré

Yield: 4–6 servings

1/2 bunch organic red radishes, halved or quartered
1 large organic red onions, large crescents
2 cups spring or filtered water
4 teaspoons unrefined sea salt, SI brand recommended

Directions

Boil water and salt until the salt has dissolved. Let cool. Pack vegetables tightly into a glass jar or ceramic bowl, or Japanese pickle press. Cover completely with brine. Apply enough weight to keep the vegetables submerged. Cover with a kitchen towel. Ferment or press at room temperature for 2–3 days. Remove from brine when serving.