

The Natural Epicurean

Academy of Culinary Arts

The Origins of Disease - The Road to Recovery: A
Weekend Seminar with Morgan Jones
Sunday Breakfast – 11/7/2004

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Menu

Brown Rice Ojiya with Toasted Sunflower Seeds

Steamed Bok Choy

Tamari Takuan Pickles

Brown Rice Ojiya with Toasted Sunflower Seeds

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Dawn Black, The Natural Epicurean

Yield: 3 servings

1 cup leftover short grain brown rice
2 cups spring or filtered water
1 cup organic kabocha squash, diced
1 cup organic carrots, diced
1 medium organic onion, diced
1 tablespoon organic 3-year barley miso
1/3 cup organic sunflower seeds, roasted (for garnish)

Directions

Combine all leftover grain, water, and vegetables in a heavy pot and bring to a boil. Place a flame tamer under pot, reduce flame to medium-low, and simmer (stirring frequently) vegetables are soft and grain is thick and creamy. (The porridge should be soft and creamy, but not watery.)

Remove from heat. Dilute miso in a small amount of the porridge and then stir into the pot. Adjust seasoning to taste. Serve with a garnish of roasted seeds.

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.

Roasted Seeds or Nuts

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Yield: 6–8 servings

*1 cup organic sunflower or pumpkin seeds or organic almonds, pecans, or walnuts
organic unpasteurized shoyu*

Directions

Wash seeds or nuts before cooking.

Option #1: In the Oven

Place the seeds or nuts on a baking sheet. Bake in a 350° F oven until slightly brown (approximately 10–15 minutes). The pumpkin seeds should puff up. When seeds or nuts are done, place in a mixing bowl and add shoyu while seeds or nuts are still hot (it should sizzle). Mix to coat evenly. Shoyu should dry onto the seeds.

Option #2: In a Skillet

Place a skillet on the stovetop and heat it. Add the seed or nuts and reduce the flame to low. Stir constantly to evenly roast and to prevent burning. Roast until light golden brown, place in a mixing bowl and add shoyu while seeds or nuts are still hot. Mix to coat evenly. Shoyu should dry onto the seeds.

Comments

For pumpkin seeds, make sure all seeds have puffed up and turned light brown before adding shoyu.

Steamed Bok Choy

Cynthia Briscoe, Macrobiotics America

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Yield: 3–4 servings

1 bunch organic bok choy, washed, leaves separated from stems, leaves chopped 1-inch diagonals, stems chopped 1/8-inch diagonals
spring of filtered water

Directions

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 the bok choy leaves in the steamer basket and cook 1 minute. Remove and place in a bowl. Place the bok choy stems in the steamer basket and cook 1 minute. Remove and mix with leaves.

Tamari Takuan Pickles

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Macrobiotic salt pickles (rather than vinegar pickles) are essential for providing the friendly flora to repopulate the intestines. These good bacteria aid in digestion, especially of grains.

Yield: 15 servings

5 ounces packaged organic tamari takuan pickle

Directions

Open package and remove pickled daikon with a clean utensil. Slice off the portion you wish to use within the next few days. Place the unused portion in a clean container and place in refrigerator. (Because these pickles are alive with good bacteria, it is important not to contaminate the unused portion with undesirable bacteria from your hands, as these will cause the pickle to spoil in a week or two).

Cut the portion of pickle to be used into thin slices. Serve 2–3 slices per person as an aid to digestion and for flavor and variety.