

The Natural Epicurean

Academy of Culinary Arts

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

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Menu

Light Broth with Chinese Cabbage and Tofu

Quinoa Pilaf

Lentils with Carrots & Celery

Summer Squash Salad

Steamed Broccoli

Light Broth with Chinese Cabbage and Tofu

1076

Cynthia Briscoe, Macrobiotics America

Yield: 3–4 servings

1 organic onion, cut in thin crescents

1/4 teaspoon unrefined sea salt, SI brand recommended

4 cups spring or filtered water

4 leaves organic Chinese cabbage, cut in 3/4-inch dice, chopped more finely at stem end

1 cup organic tofu, cut in 1/2-inch cubes

2 tablespoons organic kuzu

3 teaspoons organic sweet white miso (to taste)

Directions

Place onions in pot with salt. Add water to just cover and cook over medium-low heat until transparent and tender. Meantime, dissolve the kuzu in 1/2 cup cold water.

Add the rest of the water to the onions, and bring to a boil. Add Chinese cabbage stalks and tofu and simmer 2 minutes. Reduce flame to very low. Add dissolved kuzu and stir, simmering until soup is clear and creamy. Add leafy part of the Chinese cabbage and cook 1 minute more. Remove a little broth, use this to dilute the miso, and add the diluted miso to pot. Adjust miso to taste. Let sit 1 minute before serving.

Variations

✓ Add snow peas or snap peas sliced on a diagonal for added texture and variety

Quinoa Pilaf

*Cynthia Briscoe, Macrobiotics America
Vega Study Center*

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Yield: 4–6 servings

2 cups organic quinoa
1 medium organic onion, diced
1 small organic burdock, diced (optional)
5–8 organic shiitake mushrooms, soaked and diced (save soaking water)
2 stalks organic celery, diced in 1/4-inch pieces
4 cups spring or filtered water (including shiitake soaking water)
1 teaspoon organic toasted sesame oil
unrefined sea salt, SI brand recommended (to taste)
4 tablespoons organic sunflower seeds, toasted

Directions

Use some of the water to soak the shiitake mushrooms. After soaking, remove the shiitake and dice. Be sure to save the soaking water for cooking the quinoa.

Wash the quinoa like sesame seeds to remove any stones or sand and then drain in a strainer.

Warm the sesame oil in the bottom of a pot and sauté the shiitake mushrooms until slightly golden, seasoning with sea salt. Add the diced onion, again seasoning with sea salt to give a rich flavor. Add the water (include the shiitake soaking water to reach the full measure) and bring to a boil. Add the diced celery and return to a boil. Add the quinoa and return to a boil. Place a heat deflector (flame tamer) under pot and cook about 30 minutes or until all liquid is absorbed.

Remove from cooking pot and place in a serving bowl. Garnish with toasted sunflower seeds.

Lentils with Carrots & Celery

Cynthia Briscoe, Macrobiotics America

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Yield: 6–8 servings

2 cups organic green lentils
4 inches kombu
6 cups spring or filtered water
1 organic dried bay leaf
4 medium organic carrots, cut in 1/4-inch rounds
2 stalks organic celery, diced
2 tablespoons organic 3-year dandelion leek barley miso
8 sprigs organic parsley (for garnish)

Directions

Sort through the lentils. Wash and drain. Soak kombu in water to cover 10 minutes. Place soaked kombu in bottom of pressure cooker with carrots, celery, and lentils on top. Add water, cover and bring up to pressure. Slip a flame tamer under the pressure cooker to prevent burning. Turn heat to medium-low and cook 30 minutes. Remove from heat and allow to come down from pressure naturally. Dilute miso and simmer another 10–20 minutes or until most of the liquid has boiled away. Adjust miso seasoning. Serve garnished with parsley sprigs.

Variations

✓ Instead of pressure cooking, boil until lentils are tender.

Summer Squash Salad

Annalysa Aldren

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Yield: 4–6 servings

1 medium organic kabocha squash, seeded and cut into cubes
1/2 organic purple onion, cut into thin slices
2 tablespoons organic white miso
2 tablespoons organic lemon juice
2 tablespoons spring or filtered water
1 tablespoon organic brown rice vinegar
1 tablespoon organic mirin
1 tablespoon organic olive oil
1 teaspoon organic unpasteurized shoyu
organic cilantro for garnish

Directions

Start a pot of water boiling. Cut squash in half, take out the seeds and cut off any woody or bumpy parts on the skin. Cut the squash into small cubes. Cook squash in boiling water just until it's cooked all the way through, 6–10 minutes, depending on the size of the cubes. Overcooking will make the squash salad too mushy. When it's done cooking, take it out and place it on baskets or in a strainer to drain. Cook the onion in the same water for just 1 minute or 2, until it's sweet but still has a crunch. Let squash and onion cool completely. Mix the white miso, lemon juice, water, rice vinegar, mirin, olive oil, and shoyu in a suribachi. Mix the dressing into the cooled squash and onion, stirring only as much as necessary. Garnish with a few sprigs of cilantro, and serve or put in the refrigerator to serve later.

Variations

✓ Add boiled sweet corn kernels.

Steamed Broccoli

Kushi Institute, Class Handout

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Yield: 3–4 servings

1 bunch organic broccoli, cut into flowerets, stems peeled and cut into thin slices

1 teaspoon organic unpasteurized shoyu (optional)

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 vegetables inside the steamer basket. Sprinkle shoyu on top, if desired. Cover and steam for several minutes until the vegetables are soft. Remove and place in a serving dish.