

The Natural Epicurean

Academy of Culinary Arts

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

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Menu

Sweet Potato and Pecan Soup

Simmered Millet

Chickpea Sauce

*Scallion, Cabbage, Daikon, Carrot & Wakame Pressed Salad with Ume
Lemon Dressing*

Boiled Fresh Daikon with Lemon Miso Sauce

Pear Couscous Cake with Amasake Topping

Sweet Potato and Pecan Soup

Annalysa Aldren

160

Yield: 10 servings

6 large organic sweet potatoes, peeled and cubed

1 organic carrot, sliced

2 1/2 quarts spring or filtered water

1 teaspoon organic white pepper

1 tablespoon organic sesame oil

organic unpasteurized shoyu, to taste

1 cup organic pecans, toasted and chopped

Directions

Bring the water to a boil. Add sweet potatoes and carrots. Simmer 15–20 minutes or until the vegetables are soft. Purée with a hand-operated food mill or use a blender. Add the pepper and oil and bring to a boil, stirring constantly. Lower heat and season with shoyu to taste. Simmer 5 minutes.

Serve with toasted, chopped pecan garnish.

Simmered Millet

Vega Study Center, Class Handout

261

Yield: 4–6 servings

2 cups organic millet, washed
6 cups spring or filtered water
1 1/4 teaspoons unrefined sea salt, SI brand recommended

Directions

Put water and salt in a heavy pot on the stove and bring to boil.

Wash millet several times until rinse water is fairly clear, and then drain in a sieve.

Add the millet to the boiling water, stir, and return to a boil. Cover the pot with a lid. Place a flame deflector under the pot, reduce heat to a simmer, and cook for 30–45 minutes (until the water is absorbed and the millet kernels have become fluffy).

Place in a serving bowl and cover with a mat until ready to serve.

Variations

- ✓ Try adding fresh corn, cauliflower, sweet winter squash, onions, celery, or carrots. (Put millet on bottom of pot, vegetables on top.) For maximum sweetness, lightly salt the vegetables before cooking.
- ✓ To give the millet a nutty flavor, dry roast it after washing but before boiling.

Comments

Hot, freshly-cooked millet can be place in a cake pan, leveled, cooled until firm, and then cut into squares for a snack.

Leftover millet can be added to soups or formed into croquettes and pan fried.

Millet can be cooked with more water (5 cups water to 1 cup grain) and made into a delicious stew with your favorite vegetables.

Chickpea Sauce

*Cynthia Briscoe, Macrobiotics America
Calendar Cookbook, Cornelia Aihara*

1077

Yield: 5–6 servings

*1 cup organic chickpeas
3 cups spring or filtered water
4 inches kombu
3 pieces organic snow dried tofu
2 medium organic onions, 1 minced, 1 cut in 1/4-inch crescents
1 medium organic carrot, cut in 1/4-inch dice
10 leaves organic cabbage, cut into 1-inch squares
1 stalk organic celery, cut in 1/4-inch diagonal slices
2 teaspoons unrefined sea salt, SI brand recommended
1 tablespoon organic sesame butter
1 tablespoon organic unpasteurized shoyu*

Directions

Wash and soak the chickpeas in 3 cups of water with the kombu overnight, or at least 5 hours, in a pressure cooker. Bring to pressure, slip a flame tamer under the cooker and turn heat to medium-low. Cook for 45 minutes. Let pressure come down to normal and remove the cover.

Reconstitute the dried tofu by soaking in lukewarm water 5 minutes. Repeatedly dampen and squeeze out excess water until liquid that comes out is no longer milky. Squeeze until fairly dry and dice.

In a pot, layer the minced onions, crescent onions, celery, cabbage and carrots with water to cover. Sprinkle with half the salt and place the dried tofu on top. Bring to a boil on a high flame. Reduce flame and cook 20 minutes or until tender.

Add the chickpeas without stirring. Add the remaining salt and continue to cook until everything is tender (10–15 minutes). Turn off the flame. Stir and add the sesame butter, which has been diluted with some of the liquid from the cooking vegetables. Adjust seasoning with shoyu to taste. Let sit 5 minutes more.

Scallion, Cabbage, Daikon, Carrot & Wakame Pressed Salad with Umeboshi Lemon Dressing

Chris Clark

Yield: 4 servings

— Salad —

4 inches wakame, soaked and cut into 1/4-inch dice
2 organic scallions
2 cups organic green cabbage, thinly sliced
1 cup organic daikon, cut in thin julienne slices (matchsticks)
1 medium organic carrot, cut in thin diagonals
1/2 cup organic parsley, finely minced
1/2 teaspoon unrefined sea salt, SI brand recommended

— Dressing —

juice of organic lemon
1 tablespoon organic sesame or organic cold-pressed extra virgin olive oil
organic umeboshi vinegar, to taste

Directions

Salad

Place wakame in a dish with just enough water to wet the wakame so that it can be cut into small pieces. Drain water and reserve for another use if desired.

Cut roots of scallions into small pieces, cut the white portion into very thin diagonals, and the green portion into 1/2-inch diagonals.

Combine all of the vegetables and the wakame in a large glass bowl and mix gently. Add sea salt and rub into vegetables until they start to become softer and a little wet. Take a plate that fits inside the glass bowl and place in on top of vegetables. Place a weight on top of the plate to exert pressure on the vegetable mixture and leave it for 1 hour.

Dressing

Remove weight and plate and drain liquid from the pressed salad into a mixing bowl. Add lemon juice and oil to this liquid and whisk until well mixed. Adjust taste of dressing by adding umeboshi vinegar if needed. Pour dressing over pressed salad and serve.

Boiled Fresh Daikon with Lemon Miso Sauce

12

Calendar Cookbook, Cornelia Aihara

Yield: 6–8 servings

1 large organic daikon, sliced into 1-inch rounds

1 tablespoon organic sweet brown rice, uncooked

4 cups spring or filtered water

1 recipe Lemon Sauce

Directions

Place the sweet brown rice in a cotton bag and tie it securely. Place it in a heavy pot with the water and daikon. Bring to a boil, lower flame and simmer 30 minutes or until the daikon is soft. Remove the daikon from the water and serve immediately with the *Lemon Sauce*.

Lemon Miso Sauce

Calendar Cookbook, Cornelia Aihara

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Yield: 6–8 servings

1 tablespoon organic sesame oil
3 heaping tablespoons organic 3-year barley miso
1/2 cup spring or filtered water, boiling
1/2 teaspoon organic lemon zest
2 tablespoons organic lemon juice

Directions

Sauté the miso in oil until fragrant. Add the boiling water, bring to a boil, and then turn off heat. Mix in the lemon zest and let the mixture cool. Mix in the lemon juice and serve over boiled daikon.

Comments

This sauce is good for digestion, especially with any fried foods.

Pear Couscous Cake with Amasake Topping

Dawn Black, The Natural Epicurean

1085

Yield: 12 servings

— Couscous Cake —

6 cups organic apple juice
2 cups spring or filtered water
1/4 teaspoon unrefined sea salt, *SI brand recommended*
2 organic pears, diced
2 cups organic couscous
1/2 cup organic almond butter (to taste)
1 tablespoon organic vanilla extract (no-alcohol variety)
zest of 1 organic lemon

— Amasake Topping —

4 cups organic amasake
8 teaspoons organic kuzu (dissolved in cold water)
4-6 teaspoons spring or filtered water (for dissolving kuzu)
pinch unrefined sea salt, *SI brand recommended*
1 teaspoon organic almond extract (optional)

Directions

Couscous Cake

Place apple juice, water, pears and sea salt in a saucepan and bring to a boil. Lower flame and simmer 5 minutes. Add couscous and stir on a high flame for 2 minutes. Place flame tamer underneath pot and simmer, stirring frequently 10 minutes or until the juice is absorbed into the couscous. Put almond butter in toward the end of cooking. Remove from heat and add vanilla and lemon zest. Immediately pour couscous into a 9 x 13 glass or ceramic baking pan and level. Set aside to cool.

Amasake Topping

Dissolve the kuzu in the cold water. Place the amasake and diluted kuzu in a saucepan and bring to a boil, stirring continuously to avoid lumping. Reduce the flame to low and simmer for 2-3 minutes. (Be careful that amasake does not stick and burn with a flame that is too high.) Remove from heat, add almond extract (optional), and pour on top of the couscous cake in the baking pan. Allow to set in the refrigerator before serving (about 1 hour or until firm and cool throughout).

Variations

✓ Garnish with chopped, roasted nuts.