

Macrobiotics Cooking Class Series

Sunday July 24

SUMMERTIME BROWN RICE.

- 2 cups long grain or basmati brown rice
- 4 cups water
- 1/4 teaspoon of salt
- Sort the rice to make sure there aren't any stones and to remove grains that still have the husk.
- Wash the rice in a bowl three times, filling it up with water, moving your hand through the bowl and then draining the water.
- Put the rice in with the water and bring it to a boil on a burner at medium high temperature.
- When the rice and water are boiling, add the salt, set the timer for five minutes, and let them boil for that amount of time uncovered.
- Then set the flame to low, cover and let it slow cook for 35-40 minutes.

DELICIOUS MARINATED TOFU

- 1 package of organic firm tofu.
- 4 tablespoons of soy sauce
- 2 tablespoons of [olive] oil
- 2-4 cloves of garlic, minced [about one teaspoon minced]
- 1 teaspoon dry thyme
- Cut the tofu in slices and press it to take the excess water out [takes about 4 hours].
- In a 10" sauce pan mix the oil, soy sauce, garlic and thyme.
- When the tofu is relatively dry, place the slices on the sauce pan, at least ten minutes on each side [ideally a couple of hours].
- Simmer on each side for 5 minutes, medium heat [you can also bake them for 10 minutes on each side] or until the edges get a little bit crunchy.

STIR-FRIED GREENS

- 1 bunch of bok choy [or other green leafed vegetable, mustard greens, turnip green, etc.]
- a pinch of salt
- one teaspoon of soy sauce
- Wash and chop the bok choy with a transverse cut. Each cut should be about 1/2" thick.
- Heat up a frying pan on medium high heat, then brush the inside with some oil. Let it warm up for a minute.
- Throw the stems in, stirring with a wooden spoon or chopsticks, until they are reduced in size.
- Add the leafy part and stir until it looks "wilted."
- Add the salt and soy sauce, cover the pan and cook five minutes on low heat.

SEAWEED JELLO. [AGAR-AGAR]

- 2 cups water
- 2 cups fruit cut in small pieces
- 3 tablespoons agar agar
- 1 tablespoon lemon or lime juice
- 6 tablespoons sucanat
- Blend the water with the fruit and sucanat until smooth.
- Add the agar agar and stir well.
- Pour mix in a pot, medium high heat, stirring constantly with a wooden spoon or chopsticks and bring it to a boil.
- Reduce heat and simmer for 5 minutes, stirring constantly. Turn the heat off.
- Add the lemon or lime juice.
- Pour into a pyrex container and let cool until firm.

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Sunday July 31

WINTER TIME BROWN RICE.

- 2 cups short grain brown rice
- 4 cups water
- 1/4 teaspoon of salt

- Sort the rice to make sure there aren't any stones and to remove grains that still have the husk.
- Wash the rice in a bowl three times, filling it up with water, moving your hand through the bowl and then draining the water.
- Put the rice in with the water and salt in a pressure cooker and put the lid on, the burner should be on high heat.
- When steam is coming out in a steady flow, reduce the heat to medium and set the timer for ten minutes.
- Turn the burner off and let it stand for a minimum of ten minutes before letting the steam out, our just let it sit until all the pressure is gone.

SEITAN STEAKS

- 1 cup of gluten flour
- 1 cup of water
- 4 tablespoons of soy sauce
- 1/2 cup vegetable oil [olive oil preferred]
- 1 small piece of fresh ginger, peeled and shredded
- 2 bay leaves

- Mix the gluten flour with the water and knead until it is homogeneous.
- Place the dough in a steamer and cook on medium high heat for twenty minutes. The gluten should grow and look like a sponge.
- Cut up the gluten in desired shape and size.
- Heat up oil in a non-stick pan [cast iron preferred], then fry the gluten on both sides until golden. Take gluten steaks out and place them on a paper towel or brown paper bag to remove the excess oil.
- Place the gluten on a pan or pot, side by side, fill up with water so that they are barely covered. Add the ginger juice [pressing in your fist], bay leaves and soy sauce until the color of the water is that of regular tea.
- Simmer on medium heat until the water almost dries out.

CARROTS AND ZUCCHINI STIR FRY

- 2 medium size zucchini
 - 2 medium size carrots
 - a pinch of salt
 - one tablespoon of soy sauce
 - a pinch of white pepper
- Wash and chop carrots in diagonal slices [1/8 inch approx.], trying to make all the pieces about the same size.
 - Wash and cut the zucchini, first in quarters and then diagonal cuts [1/4" approx.]
 - Heat up a frying pan on high heat, then brush the inside with some oil. Let it warm up for a minute.
 - Throw the cut carrots in and stir constantly until they change color and let some of their own liquid out ["sweat"]
 - Add the zucchini and stir until it "sweats," then add the pinch of salt and keep stirring until the zucchini changes color, softens and looks semi-transparent.
 - Add the soy sauce and pepper and turn the burner off.

MAYONNAISE

- 2 large eggs
 - 2 spoonfuls of lemon juice
 - 1 teaspoon of salt
 - a pinch of pepper
 - 3/4 cup of good quality oil
- The blender must be completely dry.
 - Place the eggs in the blender and turn it on high.
 - Softly add the lemon juice, salt, and pepper.
 - Without stopping the blender add the oil very slowly.
 - The mayonnaise is ready when it thickens and the blender keeps going but the mix doesn't move.

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Sunday August July 7

RICE AND BEAN CROQUETTES

- 1 cup cooked brown rice
- 1/2 cup cooked beans (red white or black)
- 1/4 teaspoon of salt
- 1/2 cup of flour
- miso [optional]
- Mix the cooked rice with the cooked beans and the salt and knead to mix evenly.
- Wash and dry your hands, then rub some oil on your palms and give the patties their form.
- Put the flour in a small bowl.
- Place the patties one by one in the bowl with flour and shake so that they are fully covered.
- Heat up oil in a cast iron or steel skillet, about 1/4 inch high medium high heat.
- Fry the patties on both sides until golden.

ALTERNATIVE:

- Add 1/4 cup pre-cooked corn flour to the rice and bean mix. Give the patties their form.
- Grill the patties on a griddle.

CRUNCHY BROCCOLI WITH SESAME SEEDS

- 2 bunches broccoli
- 4 cups of water
- 1 teaspoon salt
- gomasio [sesame seed with salt]
- Boil the water in a deep pot, high heat
- Wash and cut the broccoli bunches into tree like flowerets, 2-3 inches long. [save the stems for soup]
- When the water is boiling throw in the salt and let it boil again.
- Add the broccoli to the water, bring it back to boil and wait three minutes or until the broccoli changes color.
- Remove the broccoli from the water immediately and serve on a plate or tray.
- Sprinkle with gomasio.

TOFU LITTLE TREASURE BAGS

- 2 packages of firm organic tofu
- 1 cup onion and carrot "stew"
- soy sauce
- Cut the tofu in slices according to the desired size for the little bags, keep the smaller pieces for the filling.
- Press the tofu slices between two pieces of thick cotton, with a weight on top for at least 5 hours.
- Fry the tofu slices until golden on both sides, then make a slit on one of the short sides and make the bag opening.
- Bring water to a boil in a sauce pan and then place

the fried tofu in there, bring back to a boil and then wait one minute.

- Remove the fried tofu from the water immediately.
- Place one layer of the fried tofu in a saucepan with water to barely cover the pieces, with soy sauce to resemble the color of regular tea.
- Let the water and tofu simmer until all the water has evaporated.
- Make the rest of the tofu into crumbs and then place them in boiling water for about 5 minutes or until it floats.
- Drain the cooked tofu in a strainer lined with a cotton cloth and press with the cloth to remove the excess water.
- Sautee the tofu with a pinch of salt and soy sauce.
- Mix the tofu crumbs with the onion and carrot stew and stuff the little tofu treasure bags.

ONION AND CARROT "STEW"

- 1 medium size carrot
- 1 medium size yellow onion
- salt
- soy sauce
- Cut the onion in small squares.
- Heat up a pot, then add a little bit of oil and let it heat up, medium heat.
- Throw in the onion pieces, they must make a sizzling sound, stir.
- Cut the carrot in small squares, then add it on top of the onions when the onions are starting to look transparent. Leave unstirred and cover up with the lid.
- In about three minutes check to make sure the carrots look a bit wet, then add a sprinkle of salt, lower the heat to the minimum and put the lid back on. Leave unstirred. Let cook for 20-30 minutes, until the carrots are soft. Turn off and add a squirt of soy sauce.

BAKED APPLES [6 portions]

- 7 apples
- 2 teaspoons of salt
- Dissolve the salt in a bowl with 4 cups water.
- Wash and core six apples, then place them in the bowl.
- Peel and cut the remaining apple into small squares and put those in the bowl too.
- Take all apples and pieces out of the bowl, stuff the center of the six apples with the pieces from the seventh apple.
- Make "X" shapes with a knife on the peel of the six apples.
- Place in a slightly oiled pyrex and bake for one hour.

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Sunday August 14

QUINOA RISSOTTO

- 2 cups quinoa
- 4 cups water
- 2 cups onion and carrot stew
- soy sauce
- 1 teaspoon of salt
- fresh ginger
- Cook the quinoa in an open pot until it is soft and sticky [or follow the instructions in the package]
- Mix the cooked quinoa with the onion and carrot stew.
- Season with soy sauce and ginger juice.

ALTERNATIVES:

- You can add 1/2 cup of any of the following to the mix: cooked and chopped shrimp, gluten, or chicken.

TOFU CROQUETTES

- 2 packages of tofu
- 1/2 cup of chopped chives
- miso
- salt
- Cut the unpressed tofu into half inch cubes.
- Boil water in a deep pot, high heat, then throw in the tofu pieces and let boil until they float.
- Drain the tofu with a cotton cloth. Let cool.
- Mix the drained tofu with the chives and miso to taste, knead to make the mix even.
- Give shape to the patties with your hands, you can use some oil to avoid sticking.
- Fry the tofu, medium heat, until both sides are golden.

ALTERNATIVE: Instead of the chives and miso, you can mix one cup of onion and carrot stew.

LAYERED VEGETABLE STEW

- 1 onion cut into feather cut.
- 1 carrot cut into sticks.
- Half a cabbage sliced in 1/2 inches.
- Heat up a pot, then add a little bit of oil and let it heat up, medium heat.
- Throw in the onion feathers, they must make a sizzling sound, stir.
- Add the carrot sticks on top of the onions when the onions are starting to look transparent. Leave unstirred and cover up with the lid.
- In about three minutes check to make sure the carrots look a bit wet.
- Add the cabbage slices, leave unstirred and cover up with the lid.
- In about three minutes check to make sure the

cabbage looks a bit wet, then add a sprinkle of salt, lower the heat to the minimum and put the lid back on. Leave unstirred. Let cook for 20-30 minutes, until the carrots are soft. Turn off and add a squirt of soy sauce.

ONION AND CARROT “STEW”

- 1 medium size carrot
- 1 medium size yellow onion
- salt
- soy sauce
- Cut the onion in small squares.
- Heat up a pot, then add a little bit of oil and let it heat up, medium heat.
- Throw in the onion pieces, they must make a sizzling sound, stir.
- Cut the carrot in small squares, then add it on top of the onions when the onions are starting to look transparent. Leave unstirred and cover up with the lid.
- In about three minutes check to make sure the carrots look a bit wet, then add a sprinkle of salt, lower the heat to the minimum and put the lid back on. Leave unstirred. Let cook for 20-30 minutes, until the carrots are soft. Turn off and add a squirt of soy sauce.

BREAD

- 2 cups whole wheat flour
 - 2 cups unbleached white flour
 - 1 tablespoon oil
 - 1 teaspoon dry yeast [or 1 teaspoon baking powder]
 - 1 teaspoon or less of salt.
 - 1 cup water
 - Mix the whole wheat flour with the dry yeast.
 - Add the oil and salt to the water and stir.
 - Mix the water with the flour and yeast until it looks homogeneous.
 - Add one cup of white flour and knead. When the dough looks even, add another half cup of white flour, and when that looks even, add the other half cup of flour.
 - If you used yeast. Let the dough rest, covered, for 2 hours outside in hot weather or 6 to 8 hours inside the house. The dough is ready when it looks like threads when you separate it.
 - If you used baking powder, let the dough rest for twenty minutes.
 - Bake in a mold in the oven for one hour, 350° .
- FOR PIZZA DOUGH use 4 tablespoons of oil instead of one.

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Sunday August 21

STIR FRIED RICE WITH CHICKEN

- 4 cups cooked brown rice [long grain preferred]
- 1 lb chicken meat
- 1 small yellow onion, feather cut
- 1 clove of garlic, chopped or minced
- soy sauce
- 1 cup cut celery hearts
- 1 cup carrot sticks
- white pepper [optional]
- Cut the chicken in 1/4 inch slices.
- Heat up a pan and add a tablespoon of oil, when hot, add the garlic. Medium high heat
- When the garlic starts to brown add the onion and stir.
- When the onion softens, add a pinch of salt and stir.
- Then add the chicken strips and stir. Reduce the heat to medium and let cook until the center of the strips looks white when cut open. You may need to add more oil. Stir occasionally. When you turn the heat off, add some soy sauce and a pinch of white pepper if desired.
- Heat up a pan, medium heat, and add a tablespoon of oil, when hot add the carrot sticks and stir.
- When the carrot sticks start to look wet and change color add the cut celery and stir until it changes color and softens lightly. Add a pinch of salt and keep stirring for a couple of minutes. When you turn the heat off, add some soy sauce.
- Heat up a pan and add a tablespoon of oil. When hot add the rice and stir until the grains separate.
- Mix the rice with the chicken, carrots and celery.

SEAFOOD RISOTTO

- 4 cups cooked brown rice [short grain preferred]
- 1/2 pound fish [grouper, tilapia, orange roughy]
- 1/2 pound shrimp, no head no tail
- 1 cup onion and carrot stew
- soy sauce and fresh ginger
- Wash and cut the shrimp in small pieces.
- Heat up a pan, medium high heat. When hot add 1 teaspoon of oil.
- When the oil is hot, add the shrimp and stir.
- When the shrimp start to change color, add a pinch of salt. Keep stirring.
- The salt will extract the water from the shrimp. Keep stirring until all the water is reabsorbed into the shrimp. Turn the heat off and add some soy sauce.
- Cut the fish in cubes or short sticks.
- Heat up oil in a frying pan.
- Have tempura mix ready. When the oil is hot, throw in one drop of tempura mix. If the drop sinks halfway and then floats, the oil temperature is ready. If the drop sinks and stays down, the oil is too cold. If the drop doesn't sink at all the oil is too hot.
- When the oil is the right temperature, throw in a piece of fresh ginger or a garlic clove [to absorb the oil that starts to burn]

- Drop the fish pieces in the tempura mix and then take them out and put them in the frying pan until golden.
- Drain the fish tempura on a paper towel or paper bag to remove the excess oil.
- Mix the cooked rice with the onion and carrot stew, cooked shrimp and fish tempura.
- Season with ginger juice and soy sauce.

ONION AND CARROT "STEW"

- 1 medium size carrot
- 1 medium size yellow onion
- salt and soy sauce
- Cut the onion in small squares.
- Heat up a pot, then add a little bit of oil and let it heat up, medium heat.
- Throw in the onion pieces, they must make a sizzling sound, stir.
- Cut the carrot in small squares, then add it on top of the onions when the onions are starting to look transparent. Leave unstirred and cover up with the lid.
- In about three minutes check to make sure the carrots look a bit wet, then add a sprinkle of salt, lower the heat to the minimum and put the lid back on. Leave unstirred. Let cook for 20-30 minutes, until the carrots are soft. Turn off and add a squirt of soy sauce. Cover until ready to use
- For added flavor you may add one of the following herbs at the same time as you add the soy sauce: marjoram, oregano, tarragon, basil.

TEMPURA MIX

- 1 cup flour [70% whole wheat/30% unbleached white]
- 1 cup fresh water
- 1/4 teaspoon of salt
- Mix slowly, stirring with a couple of forks or chopsticks to avoid lumps, or blend it.

PICKLED SALAD

- 1 head of lettuce
- 1 medium sized cucumber
- 1 small onion, feather cut
- 1 small carrot
- Wash and cut or tear up the lettuce, then put it in a bowl with one tablespoon of salt. Rub it in.
- Cut the cucumber in diagonal half moon shapes, then put it in a bowl with a tablespoon of salt. Rub the salt in. Put a weight on top of the cucumbers.
- Place the feather cut onion in a bowl with a teaspoon of salt. Rub it in.
- Wait two hours.
- Press the vegetables with your hands to extract all you can of the salty water. Then mix and add one tablespoon of olive oil.
- You can add very thin slices of raw carrots in flower cut to decorate.