

Macrobiotics America

David and Cynthia Briscoe

BEGINNER'S SHOPPING LIST

The following basic shopping list is intended for those who are just starting a macrobiotic practice. After awhile, you will want to add more to your stock of macrobiotic foods and utensils. Also, if you've had a consultation, be sure to check your individual recommendations for additional items to add to your shopping list. If you cannot afford to buy all of the cookware and utensils at once, don't worry, you can use any stainless steel cookware you already have, and then acquire the macrobiotic cookware over time. At first, it is more important to invest in the basic macrobiotic foods listed below. Whenever possible, buy organic foods.

Whole Grains

Short Grain Brown Rice
Whole (hulless) Barley
Millet

Vegetables

1-2 kinds of dark leafy greens
Chinese cabbage (nappa cabbage)

Carrots
Burdock
Yellow onions
Daikon radish
Green cabbage
Butternut, kabocha or acorn squash
Broccoli
Cauliflower
Scallions (green onions)
Parsley

Seasonings

Si brand Sea Salt, Eden or Lima brand sea salt.
Ohsawa® Barley Miso or
South River Barley Miso
Ohsawa® Nama Shoyu (natural soy sauce)
Ohsawa® Umeboshi Plums (whole)
Ohsawa® Ume Plum Vinegar
Ohsawa® Brown Rice Vinegar
Fresh Ginger Root

Prepared Condiments

Shiso powder
Tekka

Seeds

Brown sesame seeds

Dried Beans and Other Dried or Frozen Foods

Aduki (azuki), chickpeas (garbanzo), green-brown lentils
Dried Tofu
Dried Daikon
Brown Rice Mochi (unflavored)
Shiitake Mushrooms
Tempeh
Natto

Ohsawa brand products can be purchased from Gold
Mind Natural Food 1-800-645-8744
www.goldminenaturalfood.com

If Ohsawa brand products are not available in your area,
then use any good quality organic barley miso, shoyu,
umeboshi, etc., that you can find.

Sea Vegetables

Wakame Arame Nori
Kombu Hijiki (hiziki)

Beverages

Ohsawa® Kukicha ("Twig Only" Tea)
Roasted Barley Tea (This is not an instant grain coffee. It is whole roasted
barley, unsweetened. It has to be brewed before drinking.)

BASIC COOKWARE and UTENSILS:

4-5 quart stainless steel pressure cooker
Medium-size cast iron skillet
Medium-size salad press
Medium to large suribachi (grinding bowl) with a wooden pestle
5-6 quart Le Creuset enameled cast iron dutch oven or regular cast iron dutch oven
Several pieces of stainless steel cookware (saucepan, skillet, soup pot)
Several sizes of wooden spoons for stirring
Carbon steel vegetable cutting knife

Oil

untoasted sesame oil
toasted sesame oil

Noodles

Soba (buckwheat)
Udon (whole wheat)

Prepared Pickles

Ohsawa® Organic Takuan-Daikon

Miscellaneous

Kuzu

WATER:

It is essential to use the very best water available to you. The fresher and more natural the water, the better. If you cannot find fresh quality spring water, I recommend purchasing a Multi Pure water filter for use at the tap.

Take this list with you to a natural food store and ask the manager to assign an employee to help you find these foods. If they are unavailable locally, then contact one of the macrobiotic mail order services listed on the Where to Buy link in the Getting Started section of the Macrobiotics America web site at www.macroamerica.com.

Why Do I Recommend A Gas Stove?

I have received many questions over the years as to why macrobiotics recommends gas over electric or microwave cooking.

I recommend gas or flame cooking for the following important reasons:

Much better flavor in foods. The heat of flame cooking more slowly cooks the food, delivering far better flavors. Electric heat cooks food too quickly and the full flavor of grains and vegetables will not be revealed. More seasoning is usually needed with electric cooking.

Energizing. Flame cooking energizes food. Microwave cooking actually de-energizes food.

Especially for creating healing-quality food, I strongly recommend a gas stove.

People who are scientifically minded have often argued with me that there is no difference between the food cooked by electric, microwave, gas or wood heat. I respect their opinions; however, I must base my recommendations on my own experience and that of thousands of other macrobiotic cooks over the years. I believe gas stove cooking to be far superior.

If it is for some reason impossible for you to install a gas stove, I recommend the following:

Small gas tabletop cookers (use in well-ventilated area).

-David Briscoe