

Basic Macrobiotic Recipes

Brown Rice

1. Soak 2 cups of washed organically grown brown rice in 3 cups of spring water for 3 to 5 hours or overnight.
2. Place in a pressure cooker with a pinch of sea salt or a 1-inch piece of kombu sea vegetable per cup of rice.
3. Bring up to pressure on a medium high flame.
4. When pressure is up, place a flame deflector underneath and lower the flame.
5. Cook for 50 minutes.
6. Turn off the flame and let the pressure reduce itself naturally.
7. Remove the rice from the pot and put in a wooden bowl.

Other combinations of grains:

For variety, you can combine 80 percent brown rice with 20 percent barley, or millet, or wheat berries, or corn, etc. Combinations of grains and beans: 90 percent brown rice with 10 percent azuki beans, or soybeans, or chickpeas.

Morning Cereal

A delicious morning porridge can be made by pressure cooking or boiling rice, millet, barley, or other grain using 5 cups of water to 1 cup of grain and by seasoning and cooking as above.

Noodles in Broth

1. Bring 6 to 8 cups of spring water to a boil.
2. Add 1 8-ounce package of udon (whole wheat) or soba (whole wheat and buckwheat) noodles and return to a boil.
3. After about 10 minutes check to see if they are done by breaking the end of one noodle. Soba cooks faster than udon and thinner noodles cook faster than thicker. If the inside and outside are the same color, the noodles are ready.
4. When done, remove the noodles from the pot, drain, and rinse thoroughly with cold water to prevent clumping.
5. Meanwhile, for the broth, put 1 piece of kombu, 2 to 3 inches long, in a pot and add fresh water.
6. Soak 2 dried shiitake mushrooms, cut off and discard their stems, and slice the mushrooms. Add them to the pot, bring to boil, lower the heat, and simmer for 3 to 5 minutes.
7. Remove the kombu and shiitake and use in other dishes.
8. Add shoyu to taste to the pot and cook for 3 to 5 minutes.
9. Put the cooked noodles into the broth to warm them, but do not let them boil.
10. When hot, remove the noodles and serve immediately with a little broth. Garnish with scallions, chives, or toasted nori.

Note: If desired, add a little grated fresh ginger to the broth. Also cooked seitan, tofu, tempeh, or natto may be enjoyed with noodles and broth.

Miso Soup

1. Soak wakame sea vegetable (1 1/2-inch piece per person) for 5 minutes and then cut into small pieces.
2. Add to cold water and bring to a boil. Meanwhile, cut vegetables into small pieces.
3. Add the vegetables to the boiling broth and boil all together for 2 to 4 minutes until vegetables are soft and edible.

4. Dilute miso (1/2 to 1 flat teaspoon per cup of broth), add to soup, and simmer for 3 to 4 minutes on a low flame.
5. Occasionally a small portion of shiitake mushrooms can be included with the other vegetables.

Note: Please vary the types of vegetables every day and include leafy greens often.

Other Soup Suggestions:

1. Grain and Vegetable Soup: Add leftover cooked grains to basic miso soup or make fresh millet or barley soup with vegetables.
2. Bean and Vegetable Soup: Add leftover cooked beans to basic miso soup or make a fresh soup using lentils, chickpeas, or precooked beans.
3. Squash Soup: Cut and cook butternut, buttercup, acorn, or other fall-season squash in water until it dissolves. Season with a pinch of sea salt or a dash of shoyu.

Vegetable Nabe

Nabe (pronounced "nah-bay") style is a quick light style of boiling that is done on a portable burner at the table, usually in a large open ceramic or metal nabe pot. If a nabe pot and portable gas burner are not available, this dish may be prepared quickly on the stovetop in a large stainless steel skillet.

Vegetables:

Sliced green and upward-growing vegetables such as kale, collard greens, Chinese cabbage, red cabbage, leeks, mustard greens, carrot tops, daikon tops, radish tops, turnip tops, scallions, dandelion greens, broccoli, fresh or dried shiitake and other mushrooms, string beans, celery, chives, snap peas, snowpeas, sprouts, Brussel sprouts, etc.

Daikon, carrot, and other roots in smaller amounts (optional)

Fresh or dried tofu, pre-cooked udon noodles, fu, mochi, white-meat fish (optional)

Strip of kombu (about 2" x 3" for 4 cups of vegetables)

Spring or well water

Slice as many types of the vegetables as desired and place in sections on a large platter. Pour 1 to 2" of water into the nabe pot with a strip of kombu (optional) and with soaked and chopped dried shiitake mushrooms, if desired. Bring to a rapid boil on a high flame and cook until the kombu or mushrooms soften. You need not add any other seasoning to this dish. Then begin to add the sliced vegetables to the rapidly boiling broth. Add them in separate sections, starting with the harder vegetables which require the longest cooking time. Slowly add all the rest: most should require only 1-2 minutes of boiling. End with the sprouts, scallions, and other greens that require only several seconds of cooking. For variety, tofu, noodles, soaked fu, mochi, or fish may be added. It may be necessary to add more water during cooking as the bubbling broth evaporates.

When finished, this dish should yield a large sectioned pot of bright green, fresh and light vegetables. Serve immediately. If cooked at the table, vegetables may be eaten continuously and new ones added to the pot. Cook only enough that can be eaten by a family at one meal to get the maximum freshness and lightness. It should be the main dish at this meal, 2/3 or more of the total volume of the meal, and grains may constitute 1/3 or less of the remainder of the food.

Dipping Broth:

Nabe cooking broth

Grated ginger (optional)

Toasted nori (optional)

Miso, shoyu, or umeboshi paste

Chopped scallions

The cooking broth is very delicious and refreshing to drink, and it may be used to make a dipping sauce. Heat up a small volume of the broth and add miso or shoyu or umeboshi paste to taste. Simmer for about 3 minutes. Grate a small amount of ginger and squeeze in a few drops of juice. Add freshly chopped scallions and small pieces of toasted nori. Pour into a small dipping cup and dip in vegetables while eating at the table.

Azuki Beans with Squash and Kombu

1. Wash and soak 1/2 cup of azuki beans with a 1-inch square piece of kombu for 2 to 5 hours.
2. Place kombu in bottom of the pot and add chopped hard winter squash such as acorn, butternut, or buttercup. When squash is not available, substitute onions, carrots, or parsnips.
3. Add azuki beans on top of squash and cover with water.
4. Cook over a low flame until the beans and squash become soft. While cooking, you may need to add cold water for a few times.
5. When beans are 80 percent done, add a few pinches of sea salt.
6. Cover and let cook another 10 to 15 minutes or until all the water has cooked down.
7. Turn off the flame and let the pot sit for several minutes before serving.

Note: During cooking, it is best not to stir the beans.

Tofu or Tempeh Stew

1. Soak a 4-inch piece of kombu in 3 cups of spring water.
2. Bring to a boil and cook for 3 to 5 minutes.
3. Add either tofu or tempeh sliced into 1/2-inch cubes along with sliced daikon, carrots, lotus root, or other root vegetables and cook for about 15 minutes.
4. Add two or three of the following: onions, cabbage or Chinese cabbage, squash or Brussel sprouts, and cook for 3 to 5 minutes.
5. If you use fresh tofu, add it with the lighter green vegetables toward the end of cooking.
6. Add a small amount of miso or shoyu for seasoning at the end of cooking.
7. Chop finely 2 or 3 scallions and cook in for 1 minute.

Note: All vegetables should be boiled and cooked until soft, but the greens should still be fresh. A small amount of ginger may be added at the very end of cooking.

Steamed Greens

1. Wash and slice any of the following: turnip greens, daikon greens, carrot tops, kale, collage greens, mustard greens, watercress, Chinese cabbage.
2. Place the vegetables in a small amount of water (from 1/4 to 1/2 inch) or in a stainless steel steamer over 1 inch of boiling water.
3. Cover and steam for 2 to 3 minutes, depending on the texture of the vegetables.
4. At the end of cooking, lightly sprinkle with shoyu and serve.

Note: When served, greens should be fresh and bright.

Cooked Apples

1. Wash several organically grown apples, slice, and place in a pot with a little water to keep from burning (about 1/4 to 1/2 cup).
2. Add pinch of sea salt and simmer for 10 minutes or until soft.

Other Fruit: for variety, try apricots, peaches, blueberries, or other temperate-climate fruit.

Amasake Pudding

1. Place 1 quart amasake and 6 tablespoons kuzu diluted in a little water in a pot.

2. Slowly bring to a boil, constantly stirring to avoid lumping.
3. Simmer for 2 to 3 minutes, remove from heat, and serve.
4. Garnish with a slice of lemon and allow to set before serving.

Variations: Raisins, apples, apricots, pears, peaches, strawberries, etc. may be cooked with the amasake before adding the kuzu.

Bancha Tea

1. Add about 2 tablespoons of roasted twigs to 1 1/2 quarts of spring water and bring to a boil.
2. Lower flame and simmer for several minutes.
3. Place bamboo tea strainer in cup and pour out tea.

Rice With Other Grains

About Brown Rice with Other Grains

"Short-grain brown rice is ideally balanced, particularly for people living in temperate climates. Use a rich variety of staples - rice, buckwheat, wheat, millet, barley, rye, oats, and corn-selecting what grows locally and has been traditionally enjoyed in your part of the world. The grains you eat should be organically grown, free of chemical fertilizer and poisonous spray." - Lima Ohsawa

The usual proportion of rice to other grains in combination dishes is 3/4 to 2/3 brown rice to 1/4 to 1/3 of the other grain. For optimal variety and balance, it is recommended that you combine your rice with other grains on a regular basis. When combining other whole grains with brown rice, it is sometimes necessary to soak, roast, or boil them first.

By combining brown rice with other grains you can create a variety of energies in your primary grain dish, while also providing a variety of different flavors and textures. Some grains, such as whole corn or hato mugi, have a slightly bitter flavor. Other grains, such as fresh sweet corn, sweet brown rice, millet, and whole oats, have a mild, subtly sweet flavor, while others, such as whole barley, wheat, and rye, have a chewier texture. Other grains also add protein, minerals, and other nutrients to your brown rice dishes.

Brown Rice with Barley

Barley has a light, upward quality of energy. Adding it to brown rice makes the dish fluffier and less glutinous. Barley can be cooked with brown rice on a regular basis.

- 2 cups organic brown rice, washed
- 1 cup whole barley, washed and soaked for 6 to 8 hours
- 4 1/2 cups water, including water used to soak barley
- small pinch of sea salt or piece of kombu, soaked and diced

Place the brown rice, barley, and water in a pressure cooker. If you are using kombu, add now. Place the uncovered cooker over a low flame until the water starts to boil. If you are using sea salt instead of kombu, add it at this time. Cover the cooker, turn the flame to high, and bring up to pressure. Reduce the flame to medium-low and place a flame deflector under the cooker. Cook for 45 to 50 minutes. Remove from the flame, and allow the pressure to come down. Remove the cover and allow to sit for 4 to 5 minutes. Remove the rice and barley from the cooker and place in a serving bowl.

Brown Rice with Pearl Barley

Pearl barley, or hato mugi, is valued in Oriental countries for its power to neutralize the harmful effects of animal food. It adds a wonderfully light quality to your brown rice dishes.

- 2 cups organic brown rice, washed
- 1 cup organic hato mugi, washed
- 4 1/2 cups water
- small pinch of sea salt or piece of kombu, soaked and diced

Place the brown rice, hato mugi, and water in a pressure cooker. Place the uncovered cooker over a low flame until the water just begins to boil. Add the sea salt, cover, and turn the flame up high. Reduce the flame to medium-low and place a flame deflector under the cooker. Cook for 45 to 50 minutes. Remove the cooker from the flame and let the pressure come down. Remove the cover and let the grains sit for 4 to 5 minutes before placing in a serving bowl.

Brown Rice with Wheat Berries

- 2 cups organic brown rice, washed
- 1 cup organic soft spring or pastry wheat berries, washed
- 4 1/2 cups water
- small pinch of sea salt

Heat a stainless steel skillet over a high flame. Add the washed and drained wheat berries. With a wooden spoon or bamboo rice paddle, stir constantly to ensure even roasting and prevent burning. When the wheat berries are done they release a sweet, nutty fragrance, turn slightly golden and may begin to pop. Remove the wheat berries and place in a pressure cooker.

Add the brown rice and water. Mix and place the uncovered pressure cooker over a low flame until the water just begins to boil. Add the sea salt, cover the cooker, and bring up to pressure on a high flame. When the pressure is up, place a flame deflector under the cooker and reduce the flame to medium-low. Cook for 45 to 50 minutes. Remove the cooker from the flame and allow the pressure to come down. Remove the cover and allow the rice and wheat to sit for 4 to 5 minutes. Remove the grains and place in a serving bowl.

Brown Rice with Whole Rye

Whole rye berries can be soaked and cooked with brown rice for a dish with a delightfully chewy texture.

- 3 1/2 cups organic brown rice, washed
- 1/2 cup rye, washed and soaked for 6 to 8 hours
- 4 1/2 cups water, including water used to soak rye
- small pinch of sea salt

Place the brown rice, rye, and water in a pressure cooker and mix. Place the uncovered pressure cooker over a low flame until the water just begins to boil. Add the sea salt, cover the cooker, and turn the flame to high. When the pressure is up, reduce the flame to medium-low and place a flame deflector under the cooker. Allow to cook for 45 to 50 minutes. Remove the cooker from the flame and allow the pressure to come down. Remove the cover and allow the rice and rye to sit for 4 to 5 minutes. Remove and place in a serving bowl.

Brown Rice with Whole Oats

Whole oats can either be soaked or dry roasted prior to cooking with brown rice.

- 3 1/2 cups organic brown rice, washed
- 1/2 cup whole oats, washed and soaked for 6 to 8 hours
- 4 1/2 cups water, including water used to soak oats
- small pinch of sea salt

Place the brown rice, whole oats, and water in a pressure cooker. Mix and place the uncovered cooker over a low flame until the water begins to boil. Add the sea salt and cover the cooker. Place over a high flame and allow to come to pressure. Reduce the flame to medium-low and place a flame deflector under the cooker. Allow to cook for approximately 45 to 50 minutes. Remove the cooker from the flame and allow the pressure to come down. Remove the cover and allow the rice and oats to sit for 4 to 5 minutes before placing in a serving bowl.

Brown Rice with Fresh Sweet Corn

Because sweet corn is soft, and not dry and hard like other grains, you do not need to add extra water when cooking it with rice. It adds a delicious sweet flavor to your rice.

- 3 cups organic brown rice, washed
- 1 cup fresh sweet corn, removed from the cob
- 4 1/2 cups water
- small pinch of salt

Place the brown rice, sweet corn, and water in a pressure cooker. Add the water and place the uncovered cooker over a low flame just until the water begins to boil. Add the sea salt and place the cover on the cooker. Raise the flame to high and bring up to pressure. When the pressure is up, reduce the flame to medium-low and place a flame deflector under the cooker. Cook for 45 to 50 minutes. Remove the cooker from the flame and allow the pressure to come down. When the pressure is down, remove the cover and allow the rice and corn to sit for 4 to 5 minutes before placing in a serving bowl.

Brown Rice with Sweet Rice

Sweet brown rice is more glutinous than regular brown rice. It adds extra protein, fat, and sweetness to your rice dishes.

- 2 cups organic brown rice, washed
- 1 cup organic sweet brown rice, washed (for a softer texture, soak for 6 to 8 hours)
- 4 1/2 cups water, including water used to soak grains
- small pinch of sea salt

Place the brown rice, sweet brown rice, and water in a pressure cooker and mix. Place the uncovered cooker over a low flame just until the water begins to boil. Add the sea salt, cover, and turn the flame to high. When the

pressure is up, reduce the flame to medium-low and place a flame deflector under the cooker. Cook for 45 to 50 minutes. Remove from the flame and allow the pressure to come down. Remove the cover and allow the rice and sweet rice to sit for 4 to 5 minutes before placing in a serving bowl.

Long Grain Rice with Millet

Millet was valued in Oriental medicine for its healing properties, especially its beneficial effect on the pancreas. It can be cooked with short, medium, or long grain rice for a variety of flavors and textures.

- 2 1/2 cups organic long grain brown rice, washed
- 1/2 cup organic millet, washed
- 6 cups water
- small pinch of sea salt

Place the brown rice, millet, and water in a heavy pot without a cover. Place on a low flame until the water just begins to boil. Add the sea salt, cover, and turn the flame to high. Reduce the flame to medium-low when the water is at a full boil. Place a flame deflector under the pot. Cook for approximately 1 hour. Remove from the flame and place the brown rice and millet in a serving bowl.

Long Grain Rice with Buckwheat

Buckwheat has a strong contractive quality and warming energy. It is delicious when cooked with long grain rice.

- 2 1/2 cups long grain brown rice, washed
- 1/2 cup buckwheat groats, washed
- 6 1/2 cups water
- small pinch of sea salt

Place the brown rice, buckwheat, water, and sea salt in a heavy pot. Cover and bring to a boil over a high flame. Reduce the flame to medium-low, place a flame deflector under the pot, and simmer for approximately 1 hour. Remove from the flame and place in a serving bowl.

Brown Rice with Amaranth

Amaranth, a traditional grain from Central America, can be cooked with brown rice for a distinctive taste.

- 2 1/2 cups organic brown rice, washed
- 1/2 cup amaranth, washed
- 4 1/2 cups water
- small pinch of sea salt

Place the brown rice, amaranth, and water in an uncovered pressure cooker. Place over a low flame until the water just begins to boil. Add the sea salt, cover and turn the flame to high. When the pressure is up, reduce the flame to medium-low and place a flame deflector under the cooker. Cook for approximately 45 to 50 minutes. Remove from the flame and allow the pressure to come down. Remove the cover and allow the grains to sit for 4 to 5 minutes before serving.

Brown Rice with Wild Rice

Wild rice gives brown rice dishes a delightfully rich flavor. It is especially popular during holidays.

- 2 cups organic brown rice, washed
- 1 cup organic wild rice, washed
- 4 1/2 cups water
- small pinch of sea salt

Place the brown rice, wild rice, and water in an uncovered pressure cooker. Place over a low flame until the water just begins to boil. Add the sea salt, cover the cooker, and turn the flame up to high. When the pressure is up, reduce the flame to medium-low and place a flame deflector under the cooker. Cook for approximately 45 to 50 minutes. Remove from the flame and allow the pressure to come down. Remove the cover and allow the rice and wild rice to sit for 4 to 5 minutes before placing in a serving bowl.

Brown Rice with Quinoa

Quinoa was traditionally used in the Andes. It is high in protein and adds extra energy to brown rice dishes.

- 2 1/2 cups organic brown rice, washed
- 1/2 cups organic quinoa, washed
- 4 1/2 cups water
- small pinch of sea salt

Place the brown rice, quinoa, water, and sea salt in a pressure cooker. Cover, place on a high flame, and bring up to pressure. Reduce the flame to medium-low and place a flame deflector under the cooker. Cook for approximately 45 to 50 minutes. Remove from the flame and allow the rice and quinoa to sit for 4 to 5 minutes before placing in a serving bowl.

Brown Rice with Sweet Rice and Millet

- 2 cups organic brown rice, washed
- 1/2 cup organic sweet brown rice, washed
- 1/2 cup organic millet, washed
- 4 1/2 cups water
- small pinch of sea salt

Place the brown rice, sweet brown rice, and millet in a pressure cooker and mix thoroughly. Add the water and place the uncovered pressure cooker over a low flame just until the water begins to boil. Add the sea salt, place the cover on the cooker, and turn the flame to high. When the pressure is up, place a flame deflector under the cooker and reduce the flame to medium-low. Simmer for 45 to 50 minutes. Remove the cooker from the flame and allow the pressure to come down. Remove the cover when the pressure is down and place the cooked grain in a wooden serving bowl.

Brown Rice with Whole Oats and Millet

- 2 cups organic brown rice, washed
- 1/2 cup organic whole oats, washed and soaked for 6 to 8 hours
- 1/2 cup organic millet, washed
- 4 1/2 cups water, including water used to soak oats
- small pinch of sea salt

Place the brown rice, soaked whole oats, and millet in a pressure cooker and mix thoroughly. Add the water used for soaking the oats and fresh water. Place the uncovered pressure cooker over a low flame just until the water begins to boil. Add the sea salt, place the cover on the cooker, and turn the flame up to high. When the pressure is up, reduce the flame to medium-low and place a flame deflector under the cooker. Cook for 45 to 50 minutes. Remove the cooker from the flame and allow the pressure to come down. When the pressure is down, remove the cover. Allow the grain to sit for 4 to 5 minutes before placing in a wooden serving bowl.

Brown Rice Combination Dishes

Brown rice can be combined with a variety of fresh natural ingredients. Combining rice with nuts or seeds, for example, produces a deliciously rich, high-protein dish.

Depending on the type of nut or seed you use, you can create dishes with a sweeter or slightly bitter taste, and a more crunchy texture. Beans or vegetables can also be added.

- Chestnut Rice
- Sweet Brown Rice with Chestnuts
- Brown Rice with Squash or Hokkaido Pumpkin
- Seitan and Vegetable Gomoku (Mixed Rice)
- Tempeh and Vegetable Gomoku
- Brown Rice with Deep-fried Tofu and Vegetables
- Basic Rice Salad
- Baked Stuffed Acorn Squash

Chestnut Rice

This dish has a delicious flavor and helps satisfy the craving for sweets. Dry-roasting the chestnuts prior to cooking produces a very sweet flavor. It causes the chestnuts to retain a firmer consistency.

- 2 cups organic brown rice, washed
- 1 cup organic dried chestnuts, washed and drained
- 4 1/2 cups water
- small pinch of sea salt

Heat a skillet and place the damp chestnuts in it. Dry-roast by stirring with a wooden spoon or bamboo rice paddle, in a back and forth and side to side motion, until the chestnuts become slightly golden in color and release a sweet, nutty fragrance. Place the roasted chestnuts in the pressure cooker. Add the brown rice and water. Mix the chestnuts and rice. Place the uncovered cooker over a low flame until the water just begins to boil. Add the sea salt, place the lid on the cooker, and turn the flame to high. When the pressure is up, reduce the flame to medium-low and place a flame deflector under the cooker. Cook for 45 to 50 minutes. Remove the cooker from the flame and allow the pressure to come down. Remove the lid and allow the rice and chestnuts to sit for 4 to 5 minutes before placing in a wooden serving bowl.

Sweet Brown Rice with Chestnuts

- 1 1/2 cups organic sweet brown rice, washed
- 1/2 cup organic dried chestnuts, washed and soaked 3 to 4 hours
- 3 cups water, including the water used for soaking the chestnuts
- small pinch of sea salt

Place the sweet rice, soaked chestnuts, and water in an uncovered pressure cooker. Place over a low flame until the water begins to boil. Add the sea salt, cover, and turn the flame up to high. When the pressure is up, place a flame deflector under the cooker and reduce the flame to medium-low. Cook for 45 minutes. Remove from the flame and allow the pressure to come down. Remove the cover and let sit for 4 to 5 minutes before placing in a serving bowl.

Brown Rice with Squash or Hokkaido Pumpkin

Any kind of hard winter squash, peeled or with the skin left on if the skin is not too tough, may be combined with brown rice to give the dish a delicious, naturally sweet flavor and an attractive orange color. Hokkaido pumpkin, sometimes referred to by the Japanese name kabocha, is especially delicious because it is very sweet and stays firm during cooking.

- 3 cups organic brown rice, washed
- 1 cup organic winter squash or Hokkaido pumpkin, sliced into 1 inch cubes
- 4 1/2 cups water
- small pinch of sea salt

Place the brown rice and squash or pumpkin cubes in the pressure cooker. Add the sea salt and water and mix. Cover the cooker and place over a high flame. When the pressure is up, reduce the flame to medium-low and place a flame deflector under the cooker. Cook for 45 to 50 minutes. Remove from the flame and allow the pressure to come down. Remove the cover and gently mix the rice and squash. Let sit in the cooker for 4 to 5 minutes before placing in a serving bowl.

Seitan and Vegetable Gomoku (Mixed Rice)

- 2 cups organic brown rice, washed and dry-roasted
- 1 to 2 square inches of kombu, soaked and diced
- 4 pieces dried tofu, soaked for 10 minutes, diced
- 1 ear of sweet corn, removed from cob
- 1/2 cup carrots, diced
- 1/3 cup seitan, cubed
- 1 stalk celery, diced
- 1/4 cup daikon, diced
- 1/4 cup burdock, diced
- 3 cups water

Place all ingredients in a pressure cooker and mix thoroughly. Add the water, place the lid on the cooker, and place over a high flame. When the pressure is up, reduce the flame to medium-low and place a flame deflector under the cooker. Cook for 40 to 45 minutes. Remove from the flame and allow the pressure to come down. Remove the cover and let the rice and vegetables sit for 4 to 5 minutes before placing in a serving bowl.

Tempeh and Vegetable Gomoku

- 2 cups organic brown rice, washed
- 1/2 cup tempeh, cubed or diced and deep-fried until golden
- 1/4 cup lotus root (fresh or dried), diced
- 4 to 5 dried shiitake mushrooms, soaked, stems removed, and diced
- 2 Tbsp dried daikon, rinsed, soaked 10 minutes, and chopped
- 2 square inches kombu, soaked and diced
- 1 tsp minced scallion roots
- 1/4 cup carrots, diced
- 2 Tbsp scallion, chives, or parsley, minced, for garnish
- 3 cups water, including the water used for soaking the shiitake, dried daikon, and kombu

Place all ingredients in a pressure cooker, add water, and mix thoroughly. Place the lid on the cooker and turn the flame to high. When the pressure is up, reduce the flame to medium-low and place a flame deflector under the cooker. Cook for 40 to 45 minutes. Remove from the flame and allow the pressure to come down. Remove the cover and allow the rice and vegetables to sit for 4 to 5 minutes before mixing in the minced scallion, chives, or parsley garnish. Remove and place in a serving bowl.

Brown Rice with Deep-fried Tofu and Vegetables

- 2 cups organic brown rice, washed
- 1 cup deep-fried tofu, cubed
- 2 Tbsp bonito (dried fish) flakes
- 1/2 cup onions, diced
- 1/4 cup celery, diced
- 1/4 cup carrots, diced
- 1/2 cup fresh green peas, boiled until tender
- 4 cups water
- small pinch of sea salt

Place the rice, deep-fried tofu, bonito flakes, onions, celery, carrots, water, and sea salt in a heavy pot. Cover and bring to a boil. Reduce the flame to medium-low and simmer for 50 to 60 minutes. Remove the cover. Mix in the cooked green peas. Remove and place in a serving dish.

Basic Rice Salad

This dish is light and refreshing, and is wonderful during the summer. Most of the ingredients are cooked for only a short time prior to mixing.

- 4 cups cooked brown rice
- 1 cup deep-fried tofu, cut into very thin slices
- 1/2 cup carrots, cut into thin match sticks
- 1/4 cup burdock, shaved
- 5 shiitake mushrooms, soaked 10 to 15 minutes and sliced thin
- 1/2 cup green string beans, sliced into thin match sticks
- 1 sheet nori, toasted and cut into thin strips
- 2 Tbsp tan sesame seeds, toasted
- water

- tamari soy sauce
- sesame oil
- rice syrup
- lemon juice

Place a small amount of water in a saucepan and bring to a boil. Place the carrot match sticks in the water, cover, and simmer 1 minute. Remove and place on a plate. Place the green beans in the water, cover, and cook for 1 to 1 1/2 minutes. Remove and place on the plate with the carrots, keeping them separate. Place the tofu strips in a saucepan with enough water to just cover. Season the water with a little soy sauce for a mild salt taste. Cover and simmer for 10 minutes, then remove and drain. Place the tofu on a plate with the vegetables.

\Place the shiitake in a saucepan with enough water to just cover. Season with a little soy sauce and brown rice syrup for a mild salty-sweet flavor. Simmer for several minutes until all the liquid has evaporated. Remove and place on the plate with the other ingredients. Place a small amount of sesame oil in a skillet and heat. Add the burdock and sauté' for 1 to 2 minutes. Add enough water to half-cover. Cover and simmer for several minutes until tender. Season with a little soy sauce and simmer for another 4 to 5 minutes. Remove and place on the plate with the other ingredients. Place the fresh cooked rice in a serving bowl. Attractively arrange the vegetables, tofu, and shiitake on top of the rice. Sprinkle the roasted sesame seeds on top. Take 1/2 fresh lemon and squeeze the juice over the vegetable topping. Serve.

Baked Stuffed Acorn Squash

- 1 acorn squash, cut in half, seeds removed
- 1/2 cup cooked rice and wild rice
- 1/2 cup whole wheat bread, cubed
- 1/4 cup onion, diced
- 1/4 cup celery, diced
- 2 Tbsp mushrooms, minced
- 1/4 cup water
- tamari soy sauce
- corn oil, for sautéing

Place a small amount of corn oil in a skillet and heat. sauté the onions for 1 minute. Add the mushrooms and celery. sauté for another 1 to 2 minutes. Sprinkle 4 to 5 drops of soy sauce over the vegetables. Place the vegetables in a mixing bowl. Add the rice, whole wheat bread, and water. Mix well. Fill each squash half with the stuffing. Place in a baking dish. Cover and bake at 450 degrees F. for about 35 to 40 minutes or until done. Poke with a fork to test. Remove and place on a serving platter.

Brown Rice with Beans

Cooking brown rice with beans creates a rich, satisfying, and nutritionally complete dish.

Because beans usually require longer to cook than grains, they often need advance preparation. They are usually soaked for several hours, roasted in a dry-skillet, or par-boiled for several minutes prior to combining them with brown rice. All beans may be soaked prior to cooking, which makes them softer and easier to digest.

To soak beans, first wash them in cold water, and then place them in a bowl and add enough cold water to cover. Let them soak for 6 to 8 hours. Remove and drain. If you are cooking azuki beans, black soybeans, or chickpeas, you can use the water used for soaking as part of the water measurement. The water used for soaking other beans may be discarded.

Some beans, such as black or yellow soybeans, produce foam when cooked. If you roast them first in a dry skillet, foam will not appear and the beans stay firmer during cooking. This method produces a deliciously sweet dish. If you par-boil the beans for 20 minutes prior to combining them with brown rice, and use the cooking water as part of the final water measurement, this produces a brightly colored dish.

Brown Rice with Azuki Beans

- 2 cups organic brown rice, washed
- 1 cup organic azuki beans, washed and soaked 6 to 8 hours
- 4 1/2 cups water, including water used to soak azuki beans
- small pinch of sea salt

Drain the water from the soaked azuki beans and set aside. Place the beans and brown rice in a pressure cooker. Add the water used to soak the beans plus fresh water, according to the amount suggested above. Mix the brown rice and beans. Place the uncovered pressure cooker over a low flame until the water just begins to boil. Add the sea salt, cover, and turn the flame to high. Reduce the flame to medium-low when the pressure is up. Place a flame deflector under the cooker and cook for 45 to 50 minutes. Remove from the flame, allow the pressure to come down, and remove the cover. Allow the rice and beans to sit for 4 to 5 minutes before placing in a wooden serving bowl.

Brown Rice with Black Soybeans

Black soybeans have a thin and delicate skin and need to be washed in a different manner than other beans to prevent the skins from coming off. Take a clean, damp kitchen towel and place the beans in the middle of it. Fold the towel over the beans so that they are completely covered with the towel. Rub the beans with a back and forth, side to side motion. Pour the beans into a bowl. Rinse the towel under cold water to remove soil and dust, and squeeze it out. Place the beans in the towel again and rub as before. Repeat this process one or two more times to completely clean the beans. They are now ready to dry-roast.

- 2 1/2 cups organic brown rice, washed
- 1/2 cup organic black soybeans, washed
- 4 1/2 cups water
- small pinch of sea salt

After washing the beans, place them in a strainer to drain. Heat a stainless steel skillet and add the beans. With a wooden spoon or bamboo rice paddle, roast the beans by moving them back and forth and side to side. Start with a high flame, and when the water from washing evaporates, reduce the flame to medium-low. Continue roasting until the skin of the beans becomes very tight and splits slightly, showing a small white streak or split in the skin. Remove the beans from the flame and place them in the pressure cooker. Add the rice and water measurement. Mix the rice and beans. Place the uncovered cooker over a low flame until the water just begins to boil. Place the sea salt in the cooker and place the lid on the cooker. Turn the flame up to high and bring up to pressure. Reduce the flame to medium-low and place a flame deflector under the cooker. Cook for 45 to 50 minutes. Remove the cooker from the flame and allow the pressure to come down. Remove the cover and let the rice and beans sit for 4 to 5 minutes before placing in a wooden serving bowl.

Brown Rice with Kidney Beans

If you pre-boil kidney beans prior to combining them with rice, and use the cooking water from the beans, your dish will have an attractive red color.

- 2 1/2 cups organic brown rice, washed
- 1/2 cup organic kidney beans, washed
- 4 1/2 cups water, including cooking water from the beans
- small pinch of sea salt

Place the beans in a saucepan, add cold water to cover, and cover the pan. Bring to a boil on a high flame. Reduce the flame to medium-low and simmer for 20 minutes. Remove from the flame and place the beans in a strainer. Drain the cooking liquid and set aside. Place the beans and rice in the pressure cooker and mix. Combine the cooking water with fresh cold water so as to obtain the above water measurement. Place the water in the cooker. Place the uncovered cooker over a low flame until the water just begins to boil. Add the sea salt and place the lid on the cooker. Turn the flame to high and bring up to pressure. Reduce the flame to medium-low and place a flame deflector under the cooker. Cook for 45 to 50 minutes. Remove the cooker from the flame and allow the pressure to come down. Remove the cover and allow the rice and beans to sit for 4 to 5 minutes before placing in a wooden serving bowl.

Brown Rice with Pinto Beans

- 2 1/2 cups organic brown rice, washed
- 1/2 cup organic pinto beans, washed and soaked 6 to 8 hours or overnight, discard water used for soaking
- 4 1/2 cups water
- small pinch of sea salt

Place the brown rice, soaked beans, and water in a pressure cooker. Place the uncovered cooker over a low flame until the water just begins to boil. Add the sea salt and place the cover on the cooker. Turn the flame to high and bring up to pressure. Reduce the flame to medium-low, place a flame deflector under the cooker, and cook for 45 to 50 minutes. Remove from the flame and allow the pressure to come down. Remove the cover and allow the rice and beans to sit for 4 to 5 minutes before placing in a wooden serving bowl.

Chickpea Rice

- 2 1/2 cups organic brown rice, washed
- 1/2 cup organic chickpeas, washed and soaked for 6 to 8 hours or overnight, discard water used for soaking
- 4 1/2 cups water
- small pinch of sea salt

Combine the brown rice and chickpeas in a pressure cooker. Add the water and place the uncovered cooker over a low flame until the water just begins to boil. Add the sea salt, place the lid on the cooker, and turn the flame up to high. When the pressure is up, reduce the flame to medium-low and place a flame deflector under the cooker. Cook for 45 to 50 minutes. Remove from the flame and allow the pressure to come down. Remove the cover and allow the rice and beans to sit for 4 to 5 minutes before placing in a wooden serving bowl.

Brown Rice with Lentils

Lentils are low in fat and have a very short cooking time. Simply wash the lentils and combine with brown rice. They will be done at the same time as the rice.

- 2 1/2 cups organic brown rice, washed
- 1/2 cup green or brown lentils, washed
- 4 1/2 cups water
- small pinch of sea salt

Place the rice, lentils, and water in a pressure cooker and mix thoroughly. Place the uncovered cooker over a low flame until the water begins to boil. Add the sea salt, place the lid on the cooker, and turn the flame to high. Reduce the flame to medium-low and place a flame deflector under the cooker. Cook for 45 to 50 minutes. Remove from the flame and allow the pressure to come down. Remove the lid and allow the rice and lentils to sit for 4 to 5 minutes before placing in a wooden serving bowl.