

# **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, 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 (hullless) 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**

Muramoto Sea Salt  
Ohsawa® Barley Miso or  
Junsei Yamazaki's 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

## **Noodles**

Soba (buckwheat)  
Udon (whole wheat)

## **Miscellaneous**

Kuzu

## **Sea Vegetables**

Wakame Arame Nori  
Kombu Hijiki (hiziki)

## **Beverages**

Kukicha (Twig Tea)  
Roasted Barley Tea (unsw

## **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

## **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 matching 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

untoasted sesame oil  
toasted sesame oil

## **Pickles**

Ohsawa® Yamaki Organic Takuan-Daikon

## **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

## 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).