

## VEGETABLE RECIPES

### NISHIME-STYLE DISH (waterless cooking)

Vegetables prepared in this way are cut in large chunks and are cooked slowly for a long time over low heat. The steam in the pot allows the ingredients to cook in their own juices, so that little water is usually needed. Seasoning may be added in the beginning or toward the end of cooking. The vegetables are very juicy and may be served together with their cooking liquid.

Nishime-style cooking produces strong and calm energy.

1. Use a heavy pot with a heavy lid or cookware specifically designed for waterless cooking.
2. Soak a 1/2 inch piece of Kombu per cup of vegetables.
3. Place kombu in bottom of pot and cover with water (about one to two inches of water).
4. Add sliced vegetables. Nishime preparation is usually a combination of two or three vegetables, but it may include more or only one type of vegetable.
5. Layer the vegetables in the pot, on top of the kombu, or place them in sections around the pot.
6. Cover the pot with a heavy lid and set the flame on high until a good steam is generated. Lower the flame and simmer for approximately 15 to 20 minutes. (The time can be less, even ten minutes, especially in the summer, using vegetables cut into smaller pieces.) If the water should evaporate too quickly during cooking, add more water to the bottom of the pot.
7. When the vegetables have become soft and edible, add a few drops of shoyu/soy sauce, and toss the pot gently with the lid on (do not stir).
8. Cook over a low flame for three to five minutes long with lid still on.
9. Remove the lid, turn off the flame, and let the vegetables sit for about two minutes. You may serve any remaining liquid along with the vegetables.

### NISHIME COMBINATION SUGGESTIONS

You may cook one (ex: whole onions or turnip), two, three, or more vegetables together. It is advisable not to cook only carrot and daikon or carrot and turnip together. Many combinations are possible. The following are a few examples.

Carrot, burdock, onions and kombu

Carrot, onion, cabbage and kombu

Carrot, parsnip, cabbage and kombu

Squash, onion, daikon and kombu

Turnip, shiitake mushrooms, cabbage and kombu

Daikon, squash, cabbage and kombu

Burdock, leeks, lotus root and kombu

Cabbage, onion and kombu

Daikon/lotus root, carrot, corn and kombu

## SQUASH (60%), AZUKI BEANS (30%) AND KOMBU (10%) DISH

1. Wash and soak one-half cup of azuki beans with a one-inch piece of kombu for several hours or overnight.
2. Put the kombu in the bottom of a heavy pot and add chopped hard winter or autumn squash (acorn, butternut, buttercup or Hokkaido squash).
3. Add azuki beans on top of squash.
4. Add enough water to just cover the layer of squash.
5. Do not place a lid on the pot at the beginning. Bring to a boil slowly. Cover after ten to 15 minutes.
6. Cook on a low flame until the beans are 70–80% done, about an hour or more. The water will evaporate as the beans expand, so gently add water along the sides of the pot to keep the water level constant and to make the beans soft.
7. When the beans are 70–80% done, add a few pinches of salt.
8. Cover and cook for another 15 to 30 minutes or until most of the liquid has evaporated.
9. Turn off the flame and let the pot sit for several minutes.
10. Transfer to a serving bowl and serve.

- Notes:
- It is better not to stir while cooking.
  - If winter squash is not available, you may substitute onions, carrots or parsnips.
  - Lentils or chickpeas may also be used occasionally as substitutes for azuki beans.

## DRIED DAIKON WITH KOMBU

1. Soak a one-inch piece of kombu for ten minutes. Slice it into one-half inch pieces and place at the bottom of a pot that can be covered with a heavy lid.
2. Soak one-half cup of dried daikon for about ten minutes or until it is soft. If the dried daikon is a very dark color and the water is also dark, discard the water. If the water is a light color, you may use it in the cooking.
3. Place the dried daikon (chopped if desired) on top of the kombu and add enough water to cover (you may use the kombu soaking water).
4. Cover the pot, bring to a boil, and lower the flame. Simmer for 20–30 minutes, until the daikon is tender.
5. Add a small amount of shoyu/soy sauce and cook away the excess liquid.

VARIATION: Dried daikon (50%), onions (20%), carrots (20%) and kombu (10%):  
cabbage (20%)  
Add sliced vegetables on top of the daikon and proceed as above.

## DAIKON AND DAIKON LEAVES; CARROTS AND CARROT TOPS; TURNIP AND TURNIP TOPS; OR DANDELION ROOTS AND DANDELION LEAVES

1. Finely chop one of the root part of the combinations above.
2. Place the vegetables in a pot with a small amount of water.
3. Cover and cook in steaming water for about 5-7 minutes.
4. Add a small pinch of sea salt or a small amount of shoyu/soy sauce, Place finely chopped greens on top of roots, then simmer for two to three minutes more.

**Note:** • You may lightly cook the root part first and add the leafy part later.  
• Red radish and radish leaves may be used if daikon is not available.

### BOILED SALAD (blanched vegetables)

When blanching vegetables, boil each vegetable separately, one at a time, in the same boiling water. Cook the mildest tasting vegetables first so that each vegetable retains its distinctive flavor. Stronger flavored ones such as daikon, turnips, celery, and especially watercress are cooked at the end. The ingredients are usually just dipped in and out quickly, one minute or less. Any combination of two or three vegetables may be used. For this quick cooking style, the vegetables should be finely sliced.

1. Place several inches of water and a pinch of sea salt in a pot and bring to a boil.
2. Drop in a small amount of vegetables at a time and boil for one minute or less. Remove the vegetables quickly and place them in a strainer to drain.
3. Repeat step no. 2 with each vegetable. Transfer all the vegetables to a serving dish when done.

**Notes:** • The vegetables in this dish are fresh, bright colored and crispy.  
• Vary the kind of vegetables and combinations daily.  
• Boiled watercress, parsley or other greens need only to be dipped into the boiling water and taken out right away, just so they will become brighter in color and lose their strong, raw, bitter or pungent taste.  
• Spreading the vegetables on a platter to expose them to the cool air will help stop the cooking process and preserve their bright colors.  
• These vegetables may be served plain or you may wish to use a few drops of vinegar (brown rice or umeboshi vinegar), or a few pinches of condiment for seasoning, or one of the dressings described in the salad dressing section.

### PRESSED SALAD (quick pickling)

1. Wash and slice vegetables into very thin slices.
2. In a large bowl, mix vegetables and add about one-half teaspoon of sea salt per cup of chopped vegetables. Mix gently by hand.

3. Transfer to a salad press and apply pressure to the press. If a salad press is not available, you may leave in a bowl and place a plate that fits inside the bowl, adding a weight on top of the plate.
4. Let the vegetables sit for 30 minutes to one hour or more (depending on the vegetables) or until water is expelled from the vegetables.
5. **Discard the water before serving, and rinse off the vegetables under fresh water so that they are not too salty. Serve plain, with lemon juice, rice vinegar, or umeboshi vinegar.**

### EXAMPLES OF PRESSED SALADS

Mustard greens or radish greens, chopped finely and pressed for 30 minutes.

Cabbage leaves, finely chopped, layered with sea salt, and pressed for 30 minutes.

Carrots, grated, shredded or cut into matchsticks, pressed for 30 minutes.

Various combinations of vegetables.

- Notes:
- Ingredients may be pressed longer, up to a couple of days, to make light pickles.
  - Brown rice vinegar, umeboshi vinegar or shoyu may be used for variety in the pressing.

### RAW SALAD

A variety of vegetables may be used in this preparation: finely chopped cabbage, grated carrots, radishes, cucumbers, celery, watercress, etc. These may be seasoned with any of the following dressings.

### SALAD DRESSING SUGGESTIONS:

1. One umeboshi plum or one teaspoon of umeboshi paste, added to one-half teaspoon of miso, pureed in a suribachi.
2. Dilute miso in warm water and heat for a few minutes. Let cool and add a few drops of rice vinegar.
3. Gomasio or shiso leaf powder.
4. **Sprinkle a small amount of shoyu/soy sauce and lemon juice.**
5. One umeboshi plum or one teaspoon of umeboshi paste may be added to one-half cup of water and pureed in a suribachi.
6. A few drops of rice vinegar (1/2 - 1 tsp) or umeboshi vinegar (1/4 - 1/2 tsp).
7. Tofu Dressing
8. Pumpkin Seed Dressing
9. Sesame Seed Dressing
10. Umeboshi-Scallion or Parsley Dressing

## STEAMED LEAFY GREENS

(Kale, collards, watercress, mustard greens, dandelion greens, carrot tops, chinese cabbage, etc.)

1. Wash and slice any of the above vegetables.
2. Place vegetables in small amount of boiling water (one-half inch) or in a stainless steel steamer above about one inch of boiling water.
3. Cover and steam or boil for two to three minutes, depending on the texture of the vegetables.
4. Transfer quickly to a serving dish to prevent overcooking.

- Notes:
- The vegetables should be a bright green color and crispy.
  - Wait until the water is fully boiling before you put in the vegetables.
  - You may lightly sprinkle shoyu/soy sauce over the greens at the end of the cooking.
  - You may serve plain or, occasionally, add a few drops of brown rice or umeboshi vinegar.
  - When boiling, do not cover the pot with a lid or the greens will lose their bright green color.

## SAUTEED VEGETABLES

1. Finely cut vegetables. Leafy greens and thinly sliced root vegetables as well as sprouts or corn kernels may all be sautéed, by themselves or in various combinations.
2. When the oil or water is hot, sauté the vegetables quickly for a few minutes. Gently stir the vegetables with chopsticks or another wooden utensil. There is no need for vigorous stirring or constant mixing.
3. Sprinkle with a pinch of sea salt or shoyu/soy sauce.
4. Simmer for a few more minutes, adding a little water if necessary.

- Notes:
- The vegetables should be crispy and colorful, cooked but not overcooked.
  - The cooking time may vary somewhat depending on the type, size and thickness of ingredients.

## KINPIRA-STYLE VEGETABLES

1. Cut equal amounts of burdock and carrots (into matchsticks or shaved into small pieces).
2. Lightly brush sesame oil in a skillet and heat on a medium high flame. Use 1 tsp of oil per person if recommended.
3. When oil is hot, sauté the burdock for two to three minutes in a skillet or frying pan and layer the carrots on top of the burdock.

4. Lightly cover the bottom of the skillet with water, just enough to cover the burdock. Cover and cook until the vegetables are 80% done. This should take approximately 10 to 20 minutes or a little longer.
5. Add a small volume of shoyu/soy sauce for a light taste. Cover again with lid.
6. Cook until all the water has evaporated.
7. At the very end of cooking, add a few drops of ginger juice (from grated ginger) if your condition permits it.

- Notes:**
- Onions, turnips, or lotus root may be substituted or used together with carrots and burdock.
  - When burdock is not available, you may use carrots only or substitute another vegetable.
  - If oil is to be avoided for your condition, you may water-sauté instead. Use a little bit of water on the bottom of the pan and heat as you would oil and proceed as above.
  - Dried burdock may be soaked and used in place of fresh burdock if the latter is unavailable.

#### **DRIED TOFU (OR FRESH TOFU, TEMPEH OR SEITAN) WITH VEGETABLES (STEW TYPE)**

1. Soak a 2 inch piece of kombu in three cups of water.
2. Use either soaked and sliced dried tofu, tempeh cubes or seitan, along with sliced daikon, burdock, carrots, lotus roots, or any other root vegetable.
3. Bring to a boil and simmer for about 15 minutes.
4. Add a pinch of sea salt or shoyu/soy sauce (unless you are using seitan, which might not require additional seasoning).
5. Add one (or a combination) of the following vegetables (two or three): onions, cabbage, Chinese cabbage, squash or brussel sprouts, and cook for three to five minutes. These vegetables take less time to cook than root vegetables and should be lightly crisp.
6. Finely chop two or three scallions and add at the very end of cooking, for one minute or less.

- Notes:**
- If you use fresh tofu, add it toward the end of cooking.
  - If you add leafy greens, add them toward the end of cooking. They should still be crisp and not soggy or overcooked.
  - A small amount of ginger may be added at the very end of cooking, if your condition permits.

- You may sometimes make a thicker “gravy” for the stew. Remove the vegetables and add diluted kuzu to the broth. Stir until the sauce thickens. Add the vegetables and cook for a few more minutes.
- A mild seasoning of miso may be added at the end of the cooking, instead of shoyu/soy sauce or sea salt.

**Additional Comments:**

# BEANS

**Regular Use (day to day):** up to one cup serving. Please use variety.

Azuki beans

Chickpeas (garbanzo beans)

Lentils (green/brown)

Black soybeans

**Bean products:**

Dried tofu

Fresh tofu

Tempeh

Natto

**Occasional Use (two or three times a month)**

Blackeyed peas

Great northern beans

Lima beans

Navy beans Pinto beans

Soybeans Split peas

Whole dried peas

Black turtle beans

Kidney beans

Mung beans

Except for soft, light beans such as lentils and split peas, most beans are hard and should be soaked several hours or overnight before cooking to improve their digestibility.

In the Far East, a 1"sq of kombu sea vegetable is traditionally added to beans. The combination improves the flavor of the beans and adds minerals from the sea, making for a more balanced and more digestible dish. Simply add one to three-inch long strip of kombu that has been rinsed and soaked for a few minutes in cold water. Place the strip on the bottom of the pot and the beans on top. (The kombu may also be soaked together with the beans.)

Beans may be boiled, pressure cooked, or more occasionally, baked (condition permitting). Please do not add the salt at the beginning of cooking, but when the beans are about 80% done. If you pressure cook the beans, open the pressure cooker, add the salt, miso or shoyu/soy sauce, and continue gently simmering without a lid until any excess liquid has evaporated.

**Note:** Discarding the soaking water, skimming off any foam which may arise at the beginning of the cooking time, cooking with chopped kombu and with vegetables such as carrots and onion, and cooking without a cover at the beginning of cooking may all be helpful to facilitate the digestion of beans.

Try to prepare and use up bean dishes within 24 hours.

## SUGGESTIONS FOR BEAN RECIPES

- with kombu (1 inch square)
- with carrots and onions (20%)
- with acorn, butternut, buttercup squash (30–50%)
- with chestnuts (10–30%) (best with azuki beans or black soybeans)
- in soup with other vegetables
- with grains (10%)

## Bean Recipes

### CHICKPEAS WITH CARROTS AND ONIONS

1. Soak one cup of chickpeas for six to eight hours or overnight, with a one-inch strip of kombu.
2. Dice about one-half cup of carrots and one-half cup of onions.
3. Layer kombu on the bottom of the pressure cooker and place chickpeas on top. Add approximately three cups water (you may use the soaking water).
4. First bring the contents to a boil without a lid, reduce the flame, and cook for about 30 minutes without a lid. Discard any foam that may rise to the surface.
5. Cover the pressure cooker and bring to pressure on a low flame. Cook with low pressure for approximately 40 minutes.
6. Allow the pressure to completely reduce and remove the cover.
7. Remove the beans and layer the carrots and onions on the bottom of the pot. Place the beans on top of the vegetables.
8. Bring to a boil, cover with a heavy regular lid (it is better not to pressure cook the vegetables), reduce heat and cook on a medium flame for about one hour until the beans are about 80% done.
9. Add a pinch of sea salt and continue cooking until the beans are well done but not mushy and most of the liquid has evaporated.
10. Transfer to a serving dish.

### BASIC BLACK SOYBEANS

1. Wash one cup of black soybeans with cold water. Cover the beans with approximately three cups of water. Soak for six to eight hours or overnight.
2. Discard the soaking water.
3. Place the beans in a pot and add enough water to cover. Bring to a boil, reduce the flame to low and simmer without a cover. Skim and discard the black foam that floats to the surface.
4. When foam no longer floats to the surface, cover and cook for approximately two and one-half hours or until beans are about 90% done. If more water is needed during the cooking time, gently add it along the sides of the pot.
5. Remove the cover and add a small amount of shoyu/soy sauce which will give the beans a shiny black appearance. Shake the pot gently to mix the beans with the juice and soy sauce, but do not mix with a spoon.
6. Continue cooking until beans are soft and most of the remaining liquid has evaporated.
7. Transfer to a serving dish.

# SEA VEGETABLES

## Regular Use (daily or often)

Toasted nori sheet

Wakame

Kombu

- Wakame and kombu are used regularly in soups, bean and vegetable dishes.
- Nori sheets should be toasted over open flame for a few minutes (they turn from dark to green). They may be eaten by themselves, sprinkled over grains, or used to make nori condiment or vegetable sushi.

## Occasional Use (small two-thirds cup servings, including the vegetables, two or three times a week)

Arame

Hiziki

**Note:** Hiziki has a stronger flavor than arame. For Westerners who are not accustomed to sea vegetables, it might be easier to start with arame, cooked with sweet vegetables. The taste for sea vegetables develops over time and more complex recipes or combinations may then be incorporated.

## SUGGESTIONS FOR SEA VEGETABLE RECIPES

- Arame or hiziki with onions.
- Arame or hiziki with sweet corn.
- Arame or hiziki with dried tofu and carrots.
- Arame or hiziki with tempeh and lotus root.
- Arame or hiziki with dried daikon and onions.

## SAMPLE SEA VEGETABLE RECIPE: ARAME WITH ONIONS

1. Wash and drain one ounce dried arame. Brush a frying pan with 1 Tsp light or dark sesame oil and heat it. Add the onions and sauté for two to three minutes (water sauté if oil is to be avoided). Carrot, dried daikon, rutabaga, sweet corn or other vegetables may also be added.
2. Place the arame on top of the onions and add enough water to just cover the onions.
3. Bring to a boil, turn the heat down to low, and add a small amount of shoyu/soy sauce.
4. Cover and simmer for about 20 to 25 minutes. Add shoyu to taste (not overly salty).
5. Simmer for another five to ten minutes, mix and stir until the liquid has evaporated.

**Note:** Hiziki should be cooked longer, up to one and one-quarter to one and one-half hours total cooking time in order to lose its bitterness and become sweet.

**SEA VEGETABLES FOR OPTIONAL USE** (may be used for variety and taste, but not essential)

Agar-agar (used to make kanten, a delicious gelatin that can be prepared with fruit or fruit juice, vegetables or vegetable broth, or beans).

Dulse

Irish moss

Mekabu

Sea palm

**Note:** Please check Aveline Kushi's Complete Guide to Macrobiotic Cooking for additional recipes and details.

**Additional Comments:**

# CONDIMENTS

Condiments and garnishes are very useful for balancing the meal as a whole, and provide a variety of seasoning to various dishes. Condiments are seasonings, usually served separately for use at the table. A variety of condiments should be kept on the table at all times to allow each person to make individual adjustments during the meal, according to taste and condition of health. Condiments should be used sparingly (for example, about one teaspoon a day in case of gomasio or two to three plums a week in the case of umeboshi plums) and only to enhance the taste of grains or vegetables.

## MAIN CONDIMENTS (always on the table)

Gomasio (sesame seeds with sea salt; best prepared at home)

Umeboshi plums (purchased in a natural foods store)

Shiso leaves powder (purchased in a natural foods store)

Tekka (may be either purchased or prepared at home)

Sea vegetable powder (with or without toasted sesame seeds; best prepared at home)

Green nori flakes (may be purchased in a store)

Toasted nori

## GOMASIO

This condiment is helpful in neutralizing acidities in the blood and relieving tiredness; gomasio is traditionally known to strengthen the nervous system.

Please follow recommendations for ratio of sea salt and sesame seeds.

Black sesame seeds are preferable to brown but brown seeds may be used if black are unavailable.

1. Wash seeds in a fine mesh strainer and allow them to dry.
2. Dry-roast the sea salt in a stainless steel frying pan over a medium-high flame until the color turns gray.
3. Place the salt in a suribachi and grind into a fine powder.
4. Roast the seeds on medium heat. While roasting, push seeds back and forth gently with a wooden paddle or wooden spoon to avoid burning. The seeds are done when they crush easily between the thumb and index finger, about five to ten minutes. The seeds will begin to pop when done and give off a nutty fragrance. Lower the flame toward the end and do not overcook or the seeds will have a bitter taste.
5. Add seeds while they are still hot to the ground salt in the suribachi. Slowly and gently grind the seeds in an even circular motion with the suribachi pestle, making sure to use the grooved sides of the suribachi to grind against instead of the bottom of the bowl. Grind until each seed is crushed and thoroughly covered with salt.
6. Allow the gomasio to cool, then transfer to an airtight container to store.
7. Use sparingly over grain or vegetables.

## KOMBU OR WAKAME SEAWEED POWDER

1. Roast seaweed in a dry skillet over the stove (not in the oven) until dark and crisp. Cover and cook over a low flame so that the kombu does not burn. Turn the kombu when needed so that it roasts evenly.
2. Grind into a fine powder in a suribachi.
3. You may add toasted sesame seeds if desired.

- Notes:
- If adding sesame seeds, toast them according to directions in the gomasio recipe. Add to the seaweed powder and crush them together.
  - The ratio of seaweed to sesame seeds should be approximately one-half seaweed to one-half sesame seeds.

## TEKKA

This condiment is made from one cup minced burdock, lotus root, carrots, miso, sesame oil and ginger flavor. It can be made at home or bought ready-made.

## OTHER CONDIMENTS

Brown rice vinegar

Cooked miso with scallions

Nori condiment

Shio kombu

Umeboshi plum with scallions

Umeboshi vinegar

Shiso leaves powder with toasted sesame seeds

Note: Please refer to Aveline Kushi's Complete Guide to Macrobiotic Cooking for further recipes and details regarding condiments.

Additional Comments:

# PICKLES

(One tablespoon daily)

A small amount of daikon pickles, natural sauerkraut (purchased in a natural foods store) and other natural pickles may be used daily in a small volume (approximately one tablespoon daily). If they are too salty, you may rinse them or soak them in water for ten minutes.

## Regular Use

Bran pickles (nuka)

Miso pickles

Pressed pickles

Shoyu pickles

Umeboshi pickles

Occasional use (when in good health)

Dill pickles

Herb pickles

Garlic pickles

Spiced pickles

Brine pickles (water/salt)

Miso bean pickles

Sauerkraut

Takuan pickles

Avoid

Chemically processed pickles

Pickles with sugar or honey

Pickles with alcohol or fruit juice

## PICKLE RECIPES

### UMEBOSHI PICKLES

1. Place six to eight umeboshi plums in a large jar. Add two quarts of water.
2. Shake and let sit for a few hours, until the water turns pink.
3. Place sliced vegetables in the water, cover them with a cheesecloth and place the jar in a dark, cool place.
4. Serve after four to five days.

### Quick Shoyu Pickles or Umeboshi Vinegar Pickles

1. Slice root or round vegetables one-eighth inch thick and cover with a mixture of 3/4 c of water and 1/4 c of shoyu/soy sauce or umeboshi vinegar. Cover jar with cheesecloth to keep out dust. Set aside on kitchen counter.
2. After 24 hours remove cheesecloth, place lid on jar and refrigerate. Remove as needed. Rinse before eating.

## SHOYU PICKLES

1. Mix two-thirds water and one-third shoyu/soy sauce in a bowl or glass jar.
2. Add sliced root and round vegetables.
3. Keep in a cool, dark place and serve after five days or more.

## BRINE PICKLES

1. Boil three cups water and one teaspoon of sea salt. Let cool.
2. Place a three-inch piece of kombu and slices of carrot, onion, daikon, broccoli, cucumber, etc. in a jar with the cool salt water. All the vegetables should be immersed in the salt water. If not, place a smaller jar or cup inside in order to press the vegetables below the surface of the water.
3. Cover with a cheesecloth and keep in a cool place for two to three days.
4. Refrigerate and begin using when the vegetables have lost their raw flavor, but still retain their crunchiness.

Additional Comments:

# BEVERAGES

## Regular Use

Bancha twig tea (kukicha)

Roasted barley tea

Roasted brown rice tea

Spring water

Filtered well water

Filtered city or town water

## Infrequent Use

Green tea

Barley sprouts powder

Vegetable juice

Fruit juice

Soy milk (with kombu)

Beer

Sake (hot or cold)

Whiskey

(on rare occasions,  
health permitting)

## Occasional Use (Two to three times a week)

Grain coffee (100% grain)

Dandelion tea

Kombu tea

Umeboshi tea

Mu tea

Carrot juice

Celery juice

Sweet vegetable drink

**Amazake (unflavored)**

Avoid

Distilled water

Coffee

Iced drinks (with ice cubes)

Stimulant herb teas

Sugared and soft drinks

Hard liquors

Mineralized water and all carbonated,  
bubbling waters

Commercial tea (with caffeine or  
chemically colored)

Stimulant aromatic beverages (mint tea,  
peppermint tea, etc.)

Tap water (if heavily chemicalized or polluted)

Additional Comments:

## SEASONINGS

### Regular Use

Barley miso (mugi miso)  
Soybean miso (hatcho miso)  
Brown rice miso (genmai miso)  
Shoyu soy sauce  
Unrefined, white sea salt

### Occasional Use

Umeboshi plum  
Umeboshi paste  
Umeboshi vinegar  
Brown rice vinegar  
Ginger  
Mirin  
Garlic (cooked)  
Horseradish  
Lemon

### Avoid

(unless health permits  
infrequent use)

All commercial seasonings and all  
hot spices or stimulant, aromatic  
herbs

### Notes:

- Please use seasonings in moderation.
- Good quality miso, sea salt, shoyu/soy sauce are recommended since these ingredients form the base of your everyday cooking. Miso and shoyu/soy sauce should be naturally fermented for two to three years.
- “Tamari” is the name of a thick liquid which is a by-product of miso making. It may be used occasionally for some special dishes, but it is different from the shoyu/soy sauce used in everyday cooking.
- Avoid grey sea salt.
- Recipes often call for a “pinch” of sea salt. There are approximately three two-finger “pinches” to a one-quarter teaspoon.

# OIL

## Regular Use

(Five to seven times per week)

Toasted sesame oil

Regular sesame oil

## Occasional Use

(A few times a month if health permits)

Corn oil or once per week

Safflower oil

Sunflower oil

Olive oil

Other good quality vegetable oils

**Note:** Oil is used primarily in cooking and in moderate amounts.

**Additional Comments:**

## SUPPLEMENTAL FOODS

### FISH

#### WHITE MEAT FISH

Carp	Trout	Cod
Red Snapper	Haddock	Sole
Halibut	Flounder	Scrod

Any other soft, non-fatty white meat fish

- Recommended cooking methods are: steaming, poaching or cooked in soup.
- Broiling, grilling, baking and deep frying may be used occasionally if your health is good.
- Red meat fish (salmon, tuna, etc.), blue skin fish (herring, mackerel, sardines) are better used only occasionally when your health is good. Occasional use is once in two weeks.
- Shrimp, crabmeat, lobster, scallops and shellfish are better used on rare occasions even if your health is good since they are high in cholesterol and are often full of pollutants.
- When eating fish, serve with a side dish of grated daikon mixed with a few drops of shoyu/soy sauce. You may also serve with a couple of slices of lemon for seasoning. Grated ginger may be used as a garnish.
- When serving fish, please balance the meal with vegetables, especially, green leafy vegetables.
- 4 - 6 oz. is a reasonable portion.

#### SPECIAL FISH SOUP: KOI-KOKU

Recommended in case of fatigue and weakness.

1. Buy a fresh carp.
2. Ask the fish seller to carefully remove the gallbladder and yellow bitter bone (thyroid) and leave the rest of the fish intact, with all scales, bones, head and fins.
3. At home, chop the entire fish into two to three inch slices. Remove the eyes if you wish.
4. Chop an amount of burdock equal to the weight of the fish into thinly shaved slices or matchsticks.
5. Sauté the burdock for a few minutes (in oil or water sauté if needed) and place the fish on top of the burdock in a pressure cooker.
6. Tie used bancha twigs (about one cup) in a cheesecloth. Place it in the pressure cooker on top or nestled inside the fish. The tea twigs will help soften the bones while cooking.
7. Add enough liquid to cover the fish and burdock, approximately one-third bancha tea and two-thirds spring water. Pressure cook for two to two and one-half hours.
8. Bring the pressure down, remove the lid and replace on a low flame. Add miso to taste (as you would for regular miso soup) and a small amount of grated ginger juice.
9. Simmer for five minutes. Garnish with chopped scallions and serve hot.

- Notes:
- If fresh carp is not available, trout may be substituted (cook for one hour to one hour and fifteen minutes. Carrots may be used instead of burdock).
  - You may eat one bowl for three days in a row, refrigerating leftovers in between.
  - It is better to include used bancha twigs since fresh twigs lend a bitter taste to the dish.

Additional Comments:

## SUPPLEMENTAL FOODS

### FISH

#### WHITE MEAT FISH

Carp	Trout	Cod
Red Snapper	Haddock	Sole
Halibut	Flounder	Scrod

Any other soft, non-fatty white meat fish

- Recommended cooking methods are: steaming, poaching or cooked in soup.
- Broiling, grilling, baking and deep frying may be used occasionally if your health is good.
- Red meat fish (salmon, tuna, etc.), blue skin fish (herring, mackerel, sardines) are better used only occasionally when your health is good. Occasional use is once in two weeks.
- Shrimp, crabmeat, lobster, scallops and shellfish are better used on rare occasions even if your health is good since they are high in cholesterol and are often full of pollutants.
- When eating fish, serve with a side dish of grated daikon mixed with a few drops of shoyu/soy sauce. You may also serve with a couple of slices of lemon for seasoning. Grated ginger may be used as a garnish.
- When serving fish, please balance the meal with vegetables, especially, green leafy vegetables.
- 4 - 6 oz. is a reasonable portion.

#### SPECIAL FISH SOUP: KOI-KOKU

Recommended in case of fatigue and weakness.

1. Buy a fresh carp.
2. Ask the fish seller to carefully remove the gallbladder and yellow bitter bone (thyroid) and leave the rest of the fish intact, with all scales, bones, head and fins.
3. At home, chop the entire fish into two to three inch slices. Remove the eyes if you wish.
4. Chop an amount of burdock equal to the weight of the fish into thinly shaved slices or matchsticks.
5. Sauté the burdock for a few minutes (in oil or water sauté if needed) and place the fish on top of the burdock in a pressure cooker.
6. Tie used bancha twigs (about one cup) in a cheesecloth. Place it in the pressure cooker on top or nestled inside the fish. The tea twigs will help soften the bones while cooking.
7. Add enough liquid to cover the fish and burdock, approximately one-third bancha tea and two-thirds spring water. Pressure cook for two to two and one-half hours.
8. Bring the pressure down, remove the lid and replace on a low flame. Add miso to taste (as you would for regular miso soup) and a small amount of grated ginger juice.
9. Simmer for five minutes. Garnish with chopped scallions and serve hot.

- Notes:
- If fresh carp is not available, trout may be substituted (cook for one hour to one hour and fifteen minutes. Carrots may be used instead of burdock).
  - You may eat one bowl for three days in a row, refrigerating leftovers in between.
  - It is better to include used bancha twigs since fresh twigs lend a bitter taste to the dish.

Additional Comments:

# FRUIT

- It is best to avoid or minimize all tropical fruits (bananas, dates, figs, mango, papayas, pineapple, kiwi, coconut and citrus fruit) except in tropical climate countries which use them as part of their dietary traditions.
- Fruit should be eaten in small amounts and in season, health permitting.
- Cook fresh or dried fruit with a pinch of salt.
- Also use a pinch of salt on fresh seasonal northern climate fruit (health permitting).
- Eat in small amounts (one half apple, small slice of cantaloupe, a few grapes or strawberries, etc.).
- Since fruit juice is very concentrated, it also should be used in moderation, health permitting. (Fresh fruit juice only; not frozen or concentrated.)

## Tree Fruit

Apples

Apricots

Cherries

Grapes

Peaches , nectarines

Pears

Plums

Tangerines

Raisins or currants

## Ground Fruit

Blueberries

Blackberries

Cantaloupe

Honeydew melon

Raspberries

Strawberries

Watermelon

Additional Comments:

# NUTS

Nut butters are best avoided or eaten in moderation, health permitting.

Nuts should be lightly roasted with a pinch of sea salt, health permitting.

## Non-tropical Nuts (Occasional use)

Almonds

Peanuts

Walnuts

Pecans

Chestnuts (fresh or dried)

## Tropical Nuts

(Usually avoid unless health permits)

Brazil nuts

Cashews

Pistachio nuts

Macadamia nuts

Note: Chestnuts, which are not fatty, may be used fresh or dried once or twice a week in various dishes, with rice, or with certain beans, as well as cooked by themselves, or to make desserts. They provide a very satisfying sweet taste.

Additional Comments:

## SEEDS

- Lightly roasted, unsalted.
- May be used as a snack or garnish in moderate amounts.
- Seed butters such as tahini may be used in moderation, health permitting, roasted and used in dishes, sauces or dressings.

Sesame seeds

Pumpkin seeds

Sunflower seeds

**Additional Comments:**

## SNACKS

### Soft Snacks

Mochi  
Noodles  
Sushi (homemade)  
Rice balls  
Seeds  
Nuts  
Leftovers

### Baked, Hard or Puffed Snacks

Popcorn (unsalted)  
Rice cakes (unsalted)  
Puffed whole cereal grains  
Please use in moderation, health permitting (one or two handfuls of popcorn, two or three rice cakes, once or twice a week, etc.). Try not to let snacks interfere with your regular meals.

**Note:** Please check Aveline Kushi's Complete Guide to Macrobiotic Cooking for additional recipes and details on mochi in particular.

**Additional Comments:**

## SWEETS

A sweet taste may be obtained through cooking the following vegetables:

Cabbage	Carrots	Daikon
Onions	Parsnips	Squash
Chestnuts	sweet corn	

Sweet vegetable drink.

Sweet vegetable jam: sweet vegetables such as onions, carrots, cabbage, etc. cooked several hours over a low flame.

Other possible sweets

Amasake (best to drink warm)(unflavored)	Hot apple juice
Barley malt (grain-based sweetener)	Hot apple cider
Brown rice syrup (grain-based sweetener)	Carrot juice

**Note:** Please use in moderate amounts: 1 - 2 cups of amazake per week, one or two small cups of carrot juice or apple juice a week, 1-2 tablespoons of barley malt or brown rice syrup cooked in desserts, etc., health permitting, or as a condiment on morning cereals, on mochi, or in tea.

**DESSERT SUGGESTIONS** (Two or three times a week in moderate amounts)

Squash pudding	Amazake pudding
Apple juice kanten	Fruit kanten (health permitting)
Rice and chestnut pudding	Pureed chestnuts
Azuki kanten	Sweet rice pudding

**Note:** Please check Aveline Kushi's Complete Guide to Macrobiotic Cooking for additional recipes and details on above recipes, but use your personal recommendations as guidelines for use of oil and sweeteners which might be included in recipes yet might not be advisable in your present condition.

### SWEET VEGETABLE JAM

Sweet vegetable jam may be made from the same combination of vegetables as sweet vegetable drink. For variety, however, you may also make it from one vegetable (i.e., onion butter, carrot butter).

Sweet vegetable jam may be eaten by itself or used as a spread to satisfy sweet cravings (on a rice cake or a slice of steamed sourdough bread).

1. Finely cut a large amount of onions, cabbage, carrots and hard winter squash in equal proportions.
2. Place the cut vegetables into a large pot and add about one-third the amount of water (i.e., ten cups of vegetables and two to three cups of water).

3. Bring to a boil, reduce to a low flame and low boil, and cook for four to five hours or until vegetables cook down into a jam consistency. Check the amount of water and add more if necessary.
4. Add a pinch of sea salt and cook another 20 minutes.
5. For storage purposes, the jam may be poured into a glass jar and refrigerated.

**Additional Comments:**