

looking for some "good chow" when word gets out that another one-pot meal is happening. Sometimes we serve the meal with a few slices of warm sourdough bread and a favorite spread. One-pot meals can be made from scratch or they can be a great way to use up those leftovers that linger in the refrigerator with no place to go.



STEAMING MILLET STEW WITH SEITAN

Leftover grains make a great base for a one-pot meal. Millet is one of my favorites for this purpose since it cooks up creamy and delicious. Here is a long-time favorite of friends and students.

- 4 cups leftover cooked millet
- 1 large yellow onion, diced
- 1 stalk celery, sliced in thin diagonals
- 1 small daikon radish, cut into medium-thick half moons
- 1/3 butternut squash, diced (or 2 small carrots, cut into medium-thick rounds)
- 1-1/2 cups seitan, chopped
- 1/2 cup green peas (frozen is okay)
- 4 to 5 cups water
- shoyu (natural soy sauce) to taste
- sliced scallions for garnish

Layer vegetables in a heavy pot as follows: onion, celery, daikon, and then squash (or carrot), then cooked millet. Add the water. Bring the contents to a boil. Place a heat deflector under the pot. Cover and reduce the heat. Simmer for 30 minutes or longer until the thickest vegetables are tender and the millet has thickened the broth. Add more water if necessary and continue to cook until creamy. Mix the ingredients carefully. Add the seitan and then cook until the seitan is heated through. Season with shoyu if needed. (Taste before adding shoyu since the seitan was already salted, and its saltiness may be enough to season the stew.) Simmer for three or four minutes. Stir in the green peas and let the heat from the stew cook the peas so that they don't overcook. Serve in bowls garnished with thinly sliced scallions.

BEANS AND BARLEY STEW

Barley and beans are a favorite around the world. Cooked together they create some of the best one-pot meals you can have. This simple dish has always been well received on stormy winter nights.

- 1 cup pre-cooked pinto beans
- 1 cup whole or unhulled barley
- 4 cups water
- 8 "pearl" onions, whole, or 1 medium size onion, diced
- 3 dried mushrooms, soaked and diced, or 6 fresh mushrooms, sliced
- 2 medium-size carrots, cut into large bite-size pieces
- 2 teaspoons sesame oil for sautéing
- 2 tablespoons shoyu or season to taste

Wash barley and soak for four hours or overnight in 4 cups water. After the barley has finished soaking, place it along with the soaking water in a pot and bring to a boil. Reduce heat and simmer for 30

minutes. Sauté the vegetables in sesame oil and season with one tablespoon shoyu. When barley has cooked for at least 40 minutes, add precooked beans and the sautéed vegetables. You can add more water at this point if you want the stew to turn out more like a soup. Add remaining tablespoon of shoyu or season to taste. Continue to cook for another 20 to 30 minutes or until the broth thickens. This recipe can also be made with dry, soaked beans. Add them along with extra water when you cook the barley.



TOASTY OATMEAL-VEGETABLE PORRIDGE WITH SCALLION OILY MISO

A cold winter morning begs for a heartier breakfast. It's a simple jump from plain oatmeal to a heartier and more energizing dish of oatmeal cooked with vegetables, then served with a small spoonful of Scallion Oily Miso.

- 1 cup rolled oats (dry-roast for nuttier flavor)
- 2 to 3 cups water
- 1/4 teaspoon sea salt
- 1/4 cup celery, sliced in thin diagonals
- 1/3 cup yellow onion, diced
- 1/3 cup rutabaga, diced (or carrot or squash)

Place the rolled oats in a heavy pot and add the water and sea salt. Bring to a boil uncovered. Add the vegetables. Reduce the heat to low, cover, and simmer for 20 to 25 min-

utes. Place a teaspoon of Scallion Oily Miso on top of each serving. You can vary the vegetables in this recipe as you desire.

SCALLION OILY MISO

- 1 bunch scallions, cut in 1/4 inch rounds**
- 1 tablespoon sesame oil**
- 2 to 3 rounded tablespoons barley miso**
- 1/4 cup water**

Wash scallions and strip off any old outer leaves. Snap off the end of any old or discolored leaves. Cut off the roots and mince them. Set them aside. Bundle the scallions together with your fingers and slice them into thin rounds. Warm the oil in a cast iron skillet or other heavy pan. First sauté the minced roots until lightly golden. Add the rest of the scallions and sauté over medium to medium-high heat, stirring continuously until the color turns bright green. Make a hole in the middle of the scallions. Place the miso in this hole you have created at the center of the scallions. Add the water and cover. Reduce heat to low and cook for 15 minutes. Mix miso into the scallions. Serve on top of oatmeal or some other creamy grain porridge.

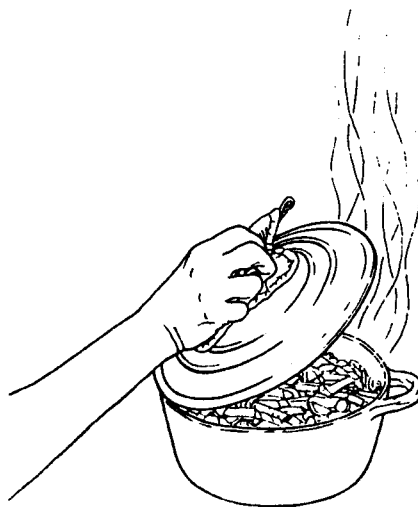
Using Leftover oatmeal: Leftover oatmeal makes a great base for a thick and creamy soup. Simply blend the oatmeal with some of the water or broth you will use for the soup. Add this to your other ingredients in the soup pot.

DAIKON-WAKAME MISO SOUP WITH MELTING MOCHI

This is a personal favorite of mine. Friends know how happy I can be with nothing else but this as a meal.

- 4 to 5 cups water**
- 2 to 3 inches dried wakame, soaked and silced**
- 1-1/2 to 2 cups daikon, cut into medium-thick quarters**
- 1-1/2 to 2 tablespoons barley miso chopped scallions for garnish**
- 1 to 2 pieces (at least 1-1/2-inch square) of mochi per serving**

Place the water in a pot, cover, and bring to a boil. Add the daikon, cover, and reduce heat. Simmer for 10 to 15 minutes. While this is cooking, prepare the Melting Mochi (see below). Add sliced wakame to the soup pot and continue to simmer for 5 minutes. Dilute the miso with 1/4 cup broth and add it to the pot. Cover and simmer for 2 to 3 minutes. Place 1 to 2 squares of Melting Mocha in each soup bowl and pour the soup over it. Garnish with sliced scallions. Delicious and energizing!



MELTING MOCHI

Cut mochi (mugwort mochi is my favorite for this recipe) into 1-1/2-inch square pieces. Lightly pan fry on each side in untoasted sesame oil until golden and the mochi starts to soften and melt a little. Remove excess oil by draining mochi on a paper towel (instead of paper

towels, we save brown sacks from the grocery store and use them for this purpose).

CORNMEAL DUMPLINGS

Dumplings are easy to make and very digestible. Cooked in a slowly bubbling stew, they create a hearty one-pot meal that is hard to beat. You can add dumplings to any bean-vegetable soup or vegetable soup. Make sure there is plenty of broth since the cornmeal or flour in the dumplings will thicken it.

- 1/2 cup cornmeal**
- 3/4 cup water (you may need a little more)**
- 1 cup whole wheat pastry flour**
- 1/4 teaspoon sea salt**

Place cornmeal in a mixing bowl. Boil the water and pour over the cornmeal. Add remaining ingredients, mix well, then shape into small balls one inch in diameter. Do not knead the dough. Bring whatever stew or soup you are making slightly higher than a simmer and lower the dumplings into the ingredients a few at a time with a slotted spoon. Hold the first dumplings in the spoon a few seconds to make sure they don't fall apart. If they do, lower the heat slightly and try again. If they still fall apart, add a little more pastry flour and water if necessary. Sometimes the cornmeal can be a little coarse, in which case you will have to play with the ingredients to get the proper consistency. As soon as the dumplings hold their shape, cook the stew over a low heat for at least another 30 minutes.

David Briscoe is co-founder of Macrobiotics America. He provides counseling for the Ohsawa Macrobiotic Foundation and has developed counselor training courses given over the Internet. David is the author of Personal Peace.