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GENERAL SUGGESTIONS

Macrobiotic cooking is unique. Natural and simple ingredients are best for producing delicious meals which are nutritious, tasty and attractive. The cook has the ability to change the quality of the food. Stronger cooking, the use of greater pressure, salt, heat and time, all make the energy of the food more concentrated. Lighter cooking, the use of less pressure, salt, heat and time produce a lighter energy. A good cook manages these energies according to the needs of those he or she cooks for and, thereby, creates health by varying the cooking styles.

Variety is a key to macrobiotic cooking. Variety and healthy balance may be created by incorporating the following aspects in your day-to-day cooking:

1. The selection of foods within the following categories: grains, soups, vegetables, beans, sea vegetables, condiments, pickles and beverages.
2. The methods of cooking: boiling, steaming, sautéing, frying, pressure cooking, etc.
3. Various styles of cutting vegetables.
4. The amount of water used.
5. The amount of seasoning and condiments used.
6. The kind of seasoning and condiments used.
7. The length of cooking time.
8. The use of a higher or lower flame when cooking food.
9. The combination of foods and dishes.
10. The seasonal cooking adjustments.
11. Adjustments in cooking for age and sex.
12. Adjustments in cooking for the type of daily activity.

The way of eating is as important as the food itself. Therefore, please try to keep meals peaceful and relaxed. Try to eat regularly two or three times a day.

PLEASE CHEW WELL.

Each dish has particular flavors and purposes, so it is better not to mix them and stir them all together on your plate.

In order to gain experience and knowledge in the art of macrobiotic cooking, we recommend that you attend classes, read cookbooks and learn from experienced macrobiotic people. This can greatly benefit you in being able to understand the following list of recipes as well as the concept of a balanced meal and way of life.

There are many good macrobiotic cookbooks available. The following are a few which may be used as references to help you develop your macrobiotic cooking practice. However, please keep in mind that you may need to modify or adapt certain recipes according to your personal condition. Some recipes, for instance, might call for the use of oil, flour, sweeteners, fruit and other ingredients which may not be suitable or recommended for your immediate health condition. This booklet's purpose is to provide guidance for your personal needs.

RECOMMENDED BOOKS

Complete Guide to Macrobiotic Cooking by Aveline Kushi, Warner Books, New York, 1985.

Introducing Macrobiotic Cooking by Aveline Kushi and Wendy Esko, Japan Publications, New York, 1987.

The Changing Seasons Macrobiotic Cookbook by Aveline Kushi and Wendy Esko, Avery Publishing Group, Wayne, New Jersey, 1985.

METHODS OF COOKING AND FOOD PREPARATION

Regular Use (daily or often)

Pressure cooking
Boiling
Steaming (under 3 minutes)
Waterless
Soup
Pickling
Sautéing with oil
Sautéing with water
Pressing
Marinating
Blanching (under 3 minutes)

Occasional Use (once or twice a week)

Raw or uncooked
Stir frying
Deep frying
Tempura
Broiling
Baking
Note: In some cases, the above cooking methods may not be recommended for a short period of time

GRAINS

Regular Use (whole grains)

(For daily selection)

Short-grain brown rice
Medium-grain brown rice
Long-grain brown rice (for tropical and subtropical environment)
Barley
Pearl barley (Hato mugi)
Millet
Whole wheat berries, Spelt, Kamut
Whole oats
Rye
Corn (on the cob) (fresh or frozen, organic)
Buckwheat

Occasional Use Flour Products

(for snack only or social occasion)

Buckwheat noodles (soba)
Whole wheat noodles (udon) (somen)
Whole wheat chapatis
Good quality whole wheat pasta
Whole wheat bread, unyeasted
Whole rye bread, unyeasted
Wheat gluten (seitan)
Wheat gluten, puffed (fu)
Corn Tortilla (unbaked, masa)
Corn Pasta
Rice Pasta
Spelt Pasta
Rice Kayu Bread

Occasional Use

(1-2 times a week)

Sweet brown rice
Mochi (steamed and pounded sweet rice)
Cracked wheat (bulgur)
Steel-cut oats
Rolled oats
Corn grits
Corn meal
Rye flakes
Couscous (wheat or spelt)
Amaranth
Quinoa
Wild Rice
White Rice, organic
Basmati (Brown)

Infrequent Use

(for snack only or social occasion)

Muffins
Crackers
Cookies
Pancakes
Rice cakes
Chips
Baked pastries
Puffed whole cereal grains
Popcorn

Note: The above categories are general guidelines for a standard macrobiotic diet. In case of specific health problems or conditions, certain items such as baked flour products or refined grains might be best avoided for a certain time. Please refer to your personal recommendations for guidance.

Grain Recipes

BROWN RICE

1. Soak two cups of washed brown rice in three or four cups of water for three to five hours (or overnight).
2. Place in a pressure cooker with a pinch of sea salt or a stamp-size piece of kombu. (Pressure cooking is best, but if a pressure cooker is not available, a heavy pot and heavy cover may be used.)
3. Bring up to pressure on a medium-high flame.
4. When the pressure is up, place a flame deflector underneath the pot and reduce the flame to medium low, just enough to maintain pressure.

5. Cook for approximately 45 to 50 minutes.
6. Turn off the flame and let the pressure reduce naturally.
7. After the pressure is completely reduced, remove the cover, let the rice sit for a few minutes so that it will not stick to the bottom, and gently transfer to a wooden bowl.

Alternate Method

1. Place two cups of washed brown rice in a pressure cooker with three to four cups of water.
2. Place the pressure cooker on a low flame until bubbles begin to rise.
3. Add appropriate seasoning (pinch of sea salt or stamp-size piece of kombu).
4. Put on the lid, turn up the flame, and bring to high pressure on a medium-high flame.
5. Place the pressure cooker on a flame deflector, reduce the flame and cook on a low-medium flame, just enough to maintain pressure.
6. At that point when the cooker has come up to pressure, cook for approximately 45 to 50 minutes.
7. Turn off the flame and let the pressure reduce naturally.
8. After the pressure is completely reduced, remove the cover, let the rice sit for a few minutes so that it will not stick to the bottom, and gently transfer to a wooden bowl.

Note: Grains should be eaten at every meal (50% or more by weight or 1/3 by volume of your daily intake of food) and pressure-cooked or boiled brown rice should be your daily staple in temperate climates. However, many variations and combinations are possible for variety. The following are some suggestions.

EXAMPLES OF GRAIN COMBINATIONS

70/80% brown rice cooked with any one of the following: 20/30% barley, pearl barley, millet, wheat berries, fresh corn, whole oats, etc.

EXAMPLES OF GRAIN/BEAN COMBINATIONS

80/90% brown rice cooked with any one of the following: 10/20% azuki beans, lentils, black soy beans, chickpeas, etc.

OTHER EXAMPLES AND POSSIBILITIES (as your condition permits)

Fried rice with vegetables (made with toasted or regular sesame oil)

Fried noodles with vegetables (made with toasted or regular sesame oil)

Rice with sweet rice, rice with lotus seeds, rice with sesame seeds, rice with pre-soaked dried chestnuts, rice and vegetable sushi, etc.

Barley and sweet vegetables stew

Millet and sweet vegetables stew

FOR BREAKFAST

PORRIDGE

You may make a porridge from leftover cooked grain by adding 2–3 times the amount of water and boiling it gently (covered with a lid) until it softens and becomes a porridge-like consistency. You may eat this porridge with crumbled toasted nori, an umeboshi plum, gomasio or other condiments.

You may complement your breakfast with a variety of quickly boiled vegetables (Chinese cabbage, leafy greens, etc.) and miso soup if you wish.

Variation: Miso/vegetable porridge

- Add a variety of finely chopped vegetables to leftover rice and cook as above.
- Dilute some miso in a small amount of water (about 1/2 teaspoon of miso paste per cup of porridge) and add toward the end of cooking, for seasoning.
- Please use a light hand when using the miso. The porridge should not taste salty.

Genuine Brown Rice Cream

This rice cream is especially good for people who are weak or who have no appetite or vitality; for people who cannot chew because of illness; for sick children; or for breaking a fast.

1. Dry-roast one cup of washed brown rice in a cast iron or stainless steel skillet over a medium flame, until golden brown.
2. Bring the rice to a boil with 10 cups of water and a pinch of sea salt.
3. Cover, place the pot on a flame deflector, and turn the flame to low.
4. Cook for about two hours until water is about one-half the original amount.
5. Let the rice cool sufficiently to be handled.
6. Place the rice in a cheesecloth or clean unbleached muslin cloth, tie and squeeze out the creamy liquid into a pot.
7. Reheat the creamy liquid and serve with or without condiments.

Note: This dish may also be prepared by pressure cooking the rice for one hour with five times more water than rice. Then proceed with steps five to seven.

ADDITIONAL SUGGESTIONS:

Rice Kayu Recipe

SOUPS

BASIC MISO SOUP (once or twice a day, bowl or cup)

Make sure to use a good quality miso, fermented over at least two summers. For everyday use, barley miso (mugi miso) is best. For variation, you may use soybean miso (hatcho miso) or brown rice miso (genmai miso). You may also occasionally season the soup with good quality shoyu/soy sauce.

1. Soak some wakame (one-quarter to one-half inch piece per person) for about five minutes and cut it into small pieces.
2. Add the wakame to fresh, cold water and bring to a boil. Meanwhile, cut some vegetables into small pieces.
3. Add the vegetables to the boiling broth and boil all together for three to five minutes until the vegetables are soft and edible. Reduce flame to low.
4. Dilute miso (one-half to one level teaspoon per cup of broth) in a little water, add to soup, and simmer for three to four minutes on a low flame. Please note that it is important not to bring the soup to a boil once the miso has been added.

You may occasionally season with shoyu/soy sauce instead of miso. Again, simmer three or four minutes on a low flame after you add the soy sauce to the soup.

- Notes:**
- Please simmer the soup for three to four minutes *after you add miso* to the broth.
 - Please vary the type of vegetables every day.
 - Occasionally, a small portion of shiitake mushrooms (soaked and finely chopped beforehand) may be added and cooked with the other vegetables.
 - Include leafy greens (kale, collards, watercress, etc.) often. Add them toward the end of cooking.
 - You may occasionally use leftover grain or beans to make a thicker soup.
 - Sliced tofu or mochi may be used occasionally before adding the miso.
 - Garnish the soup with small amounts of finely chopped fresh parsley or scallions before serving.
 - Please try to cook fresh soup every day and avoid using too many leftovers.

Other Suggestions for Soup

- Squash soup: Cut squash into small pieces and cook in water until soft. Season with a pinch of sea salt or dash of shoyu/soy sauce. Or cook until soft, puree in a handmill and cook with seasoning for three or four minutes on a low flame.
- Millet soup with squash (or carrots, onions or cabbage) using fresh or leftover millet.
- Barley soup with vegetables.

- Grain-vegetable soup: add freshly cooked or leftover grain to basic miso soup.
- Bean-vegetable soup: add freshly cooked or leftover beans to basic miso soup.
- Tofu and vegetable soup.
- Daikon and greens vegetable soup.
- Noodle soup with vegetables.
- Fish soup, using whitemeat fish and vegetables.
- Soup seasoning suggestions: Miso, shoyu/soy sauce, or sea salt may all be used in moderation to create a delicious but light taste.

Please check Aveline Kushi's [Complete Guide to Macrobiotic Cooking](#) for other soup recipes and for more details.

Additional Comments:

VEGETABLES

Regular Use

(for daily selection)

Root vegetables

Carrots
Burdock
Parsnip
Daikon
Radish
Lotus root
Dandelion root
Jinenjoy (mountain potato)

Round vegetables

Acorn squash
Butternut squash
Buttercup squash
Hubbard squash
Pumpkin
Hokkaido pumpkin
Rutabaga
Turnip
Brussel sprouts
Onion
Cabbage
Cauliflower
Celeriac (celery root)

Leafy greens

Kale (red or green)
Collard greens
Watercress
Leeks
Mustard greens
Chinese cabbage, Nappa
Carrot tops
Daikon tops
Turnip tops
Parsley
Scallions
Mizuma
Dandelion greens
Broccoli Rab
Arugula
Bok Choy
Pak Choy

Other vegetables

Broccoli
Shiitake mushrooms
String beans

Occasional Use

(once or twice a week)

Celery
Chicory
Chives
Coltsfoot
Cucumber
Endive
Escarole
Green peas
Iceberg lettuce
Jerusalem artichoke
Kohlrabi
Lambsquarters
Mushrooms
Pattypan squash
Red cabbage
Romaine lettuce
Salsify
Snap beans
Snowpeas
Spaghetti squash
Sprouts
Summer squash
Wax beans

Infrequent Use or Avoid

Artichoke
Asparagus
Avocado
Bamboo shoots
Beets
Curly dock
Eggplant
Fennel
Ferns
Ginseng
New Zealand Spinach
Okra
Peppers (green or red)
Plantain
Potato
Purslane
Shepherd's purse
Sorrel
Spinach
Sweet potato
Swiss chard
Taro potato-albi
Tomato
Yams
Zucchini

- Notes:
- Organically grown vegetables are preferable if available.
 - If vegetables are chemically sprayed and/or waxed, please peel off skin.
 - When cooking vegetables, pressure cooking is usually not recommended.
 - Use fresh vegetables as much as possible, rather than frozen or canned vegetables.

ADDITIONAL SUGGESTIONS