

## **Morning Kuzu Drink (Morning Tea)**

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Morning Tea is meant to be the first food put into one's stomach in the morning. Wait for 20-30 minutes before eating or drinking anything else. Its main purpose is to help alkalize one's body fluids and strengthen the intestines.

### **INGREDIENTS:**

**Umeboshi** - The meat from the plum (ume) is used. These plums are pickled in sea salt and shiso (beefsteak plant). Highly alkaline, it aids in digestion and promotes a healthy intestinal flora. Umeboshi has a wide range of uses in macrobiotic cooking. It is a yang food.

**Kuzu**(or kudzu) - A white starch made from the root of the wild kuzu plant. As a starch it thickens liquids, so it is often used in soups, sauces and desserts. It is a yang alkaline forming food, useful for strengthening the intestines.

**Shoyu** (Natural Soy Sauce) - A liquid made by the fermentation of soybeans and wheat with salt. It has a wide range of uses in cooking and it is a yang alkaline forming food.

**Bancha** - Cha means tea in Japanese. Bancha is a tea made from the leaves and twigs of a Japanese bush. Unlike many teas which are acid forming, bancha is mildly alkaline forming. The real name for this twig tea is "kukicha".

**Ginger Juice** - The juice from the ginger root that is extracted By grating the root and squeezing the pulp through cheesecloth. This very strong tasting juice is alkaline forming and yin.

### **PROCEDURE:** 1/6th umeboshi

1/2 teaspoon soy sauce

3-5 drops gingerjuice

1 teaspoon purified water

1 teaspoon kuzu powder\*

1/2 cup boiling bancha

\*Kuzu comes in chunks. Grind these chunks into a fine powder in a suribachi, and then set this powder aside specifically for use in this recipe. You do not need to grind kuzu into powder for other recipes.

Mash the umeboshi into a paste using the flat side of a knife. Add soy sauce, ginger juice, water and kuzu powder. Mix ingredients together with a chopstick.

Be sure that the bancha is at a full, rolling boil; this is very important since kuzu requires a boiling temperature in order to thicken. Add the boiling bancha very quickly and do not stir while adding. Allow the tea to steep a few seconds before stirring. Serve hot.