

## **Soft Rice Porridge With Umeboshi**

1 cup leftover cooked brown rice  
3 cups spring or well water  
1/2 umeboshi plum  
Chopped scallion or other condiment for garnish

1. Place the leftover rice, water, and umeboshi in the cooking pot.
2. Put the lid on the pot and place over a high flame.
3. Bring to a boil and reduce the flame to medium-low.
4. Let the rice cook over a medium-low flame for 10-15 minutes.
5. When the rice has finished cooking, remove the cover, spoon the porridge into serving bowls, and garnish with a few chopped scallions or sprinkle one of your favorite condiments on top.

## **Soft Millet with Cauliflower**

### INGREDIENTS

1 cup leftover cooked millet with cauliflower (or leftover millet + fresh cauliflower)  
5 cups spring or well water

1. Place the leftover millet with cauliflower in the pressure cooker and add the water. (If you are adding fresh cauliflower to the leftover millet, add about 1 cup chopped cauliflower)
2. Put the lid on the cooker and place it over a high flame.
3. When the pressure comes up, reduce the fame to low.
4. Let the millet cook for 10-15 minutes over a low flame.
5. Remove the cooker from the hot burner and let the pressure come down.
6. Remove the lid and spoon the porridge into individual serving bowls.

## **Soft Brown Rice and Winter Squash**

1 cup uncooked organic brown rice  
1 cup organic winter squash (buttercup, butternut, kabocha, Hokkaido pumpkin, red kuri, or gold nugget) cut into bite-size chunks  
5 cups water  
Pinch of sea salt or 1-inch strip of kombu

Place the washed rice and squash chunks in a pressure cooker or a heavy pot. Add water and sea salt or kombu. Cover and cook the same as for Soft Brown Rice.

For variation, try any of the following combinations of vegetables:

- Squash, cabbage, and carrots
- Carrots, cabbage, and onions
- Carrots, celery, and onions
- Daikon, shiitake mushrooms, and kombu
- Turnips and kombu

Simply wash the above vegetables, dice or cut into bite-sized chunks, and cook together with the rice as shown above.

### **Miso Soft Rice**

1 cup uncooked organic brown rice  
 5 cups water  
 1-inch strip kombu  
 3-4 scallion roots, finely chopped  
 3-4 scallion tops, thinly sliced  
 2 level teaspoons barley miso

Place the uncooked rice, the kombu, and the water in a pressure cooker or heavy pot. Cook the same as if pressure cooking or simmering regular brown rice. If pressure cooked, allow pressure to come down. Remove the cover and place on a low flame. Add the sliced scallion tops to the cooked soft rice. Place the miso in a cup and add 2 teaspoons of cold water. Mix the miso and the water together and puree until smooth and creamy. Add the pureed miso and the scallion roots to the soft rice. Mix. Next cover the pot or pressure cooker (use a regular cover--do not pressure cook again) and let simmer without boiling for 2-3 minutes. Remove the cover and spoon rice into individual bowls while hot.

For a different flavor, try cooking the rice together with sliced daikon and shiitake mushrooms, then season with the miso and scallions.

### **Soft Millet with Miso**

1 strip kombu. 1-2 inches long, soaked and diced  
 1/4 cup celery, sliced into 1/4-inch diagonals  
 1/2 cup winter squash, cut into bite-sized chunks  
 1 cup uncooked organic millet  
 5 cups water  
 1/2 cup leeks, sliced into thin rounds  
 2 level teaspoons barley miso  
 chopped parsley, chives, or scallions for garnish

Place the kombu on the bottom of a heavy pot and put the celery on top of the kombu. Next, place the daikon on top of the celery. Layer the squash and millet on top of the daikon. Add the water, cover, and bring to a boil. Reduce the flame to medium-low and simmer for 30 minutes.

### **Soft Millet with Vegetables**

1/4 cup onions, diced  
1/2 cup cauliflower flowerets  
1/4 cup cabbage, cut into bite-sized chunks  
1 cup uncooked organic millet  
5 cups water  
Pinch of sea salt

Layer the vegetables in the following order in a heavy, stainless steel pot: onions, cauliflower, cabbage, and squash. Place the washed millet on top of the vegetables. Add the water and sea salt. Cover, bring to a boil, and then reduce the flame to medium-low. Simmer for 30-35 minutes until the vegetables and millet are very soft. Place in individual serving bowls, garnish with your favorite condiments, and serve while hot.

Occasionally, for a quicker preparation, you may place all of the ingredients in a pressure cooker and cook for 15 minutes

### **Creamy Buckwheat Cereal**

5 cups water  
Pinch of sea salt  
1 cup dry roasted buckwheat groats  
2 tablespoons chopped scallions or parsley for garnish

Put the water and sea salt in a saucepan and bring to a boil. Place the dry-roasted buckwheat into the pan, cover, reduce the flame to medium-low, and simmer for 20-30 minutes. When done, place the chopped scallions or parsley in the hot cereal, stir, and serve.

For variety, add diced onions, celery, carrots, or cabbage to the buckwheat from the beginning of cooking.

### **Soft Barley Cereal**

1 cup whole (hulled) barley  
1 strip kombu, 1 1/2 inches long, soaked, de-stemmed, and diced

1/2 cup carrots,diced  
1/4 cup celery,diced  
1/4 cup onions,diced  
1/4 cup scallions,chopped  
5 cups water

Wash the barley, place in a bowl and cover with 4 cups water. Allow to soak for 6-8 hours or overnight. Place the barley and its soaking water in a pressure cooker. Add the kombu, shiitake mushrooms (along with their soaking water), carrots, celery, and onions. Cover the cooker, place on a high flame, and bring up to pressure. Reduce the flame to medium-low and simmer for 50-60 minutes. Remove from the flame and allow the pressure to come down. Remove the cover from the cooker when all pressure is released. Place in individual serving bowls, garnish with chopped scallions and /or your favorite condiment.

Try using hato mugi (pearl barley) or Job's Tears instead of hulled barley. For a different flavor, you may season the cereal with a little pureed barley miso and simmer 2-3 minutes longer.

### **Soft Brown Rice**

1 cup uncooked organic brown rice  
5 cups water  
Pinch of sea salt, 1-inch strip of kombu, or 1 small umeboshi plum

Place the washed rice in a pressure cooker. Add the water and one of the suggested seasonings. Cover the cooker, place on a high flame, and bring up to pressure. Reduce the flame to medium-low and cook for 45-50 minutes. Remove the cooker from the flame and allow the pressure to come down before removing the cover. Spoon the rice into individual serving bowls and garnish with a favorite condiment, strips of roasted nori, or chopped scallions. Serve while hot.

You can boil the rice instead of pressure cooking . Simply use the same measurements as above, but cook for 60 minutes. Serve as suggested.

### **Soft Rye and Brown Rice Cereal**

1/4 cup organic whole rye  
1 cup organic uncooked brown rice  
5 cups water  
Pinch of sea salt

Wash the rye and brown rice, place in a bowl, and add the water. Soak the rye and rice 6-8 hours or overnight. Place the rye, rice, soaking water, and the sea salt in a pressure cooker. Cover and place over a high flame. Bring up to pressure, reduce the flame to medium-low, and simmer for 60 minutes. Remove from the flame and allow the pressure to come down before removing the cover. Place cereal in individual serving bowls, garnish, and serve.

