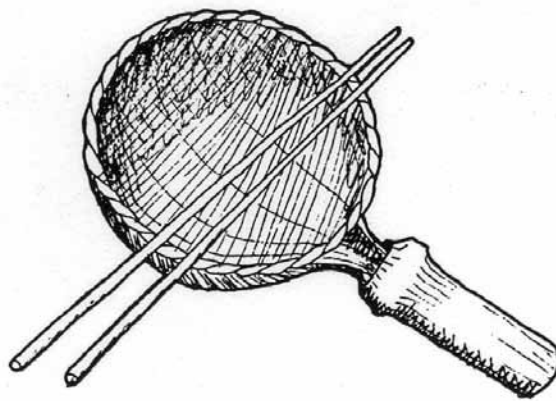


# Calendar Cookbook

by Cornellia Aihara



George Ohsawa Macrobiotic Foundation  
Chico, California

*Calendar Cookbook*

Other Books by Cornellia Aihara

*Chico-San Cookbook*

*Do of Cooking*

*Macrobiotic Child Care*

*Natural Healing from Head to Toe*—with Herman Aihara

*Calendar Cookbook* comprises Cornellia Aihara's recipes and menus for all the dishes she served for one year at the George Ohsawa Macrobiotic Foundation in San Francisco in 1972. It contains the dishes served at that time. It is important to realize that all things change and current thinking about certain things such as the amount of salt to use should be consulted and may be adjusted.

Also, the information and advice contained in this book are based upon the research and experiences of Cornellia Aihara. They are not intended as a substitute for consulting with a health care professional. The publisher is not responsible for any adverse effects or consequences resulting from the use of any of the suggestions, preparations, or procedures discussed in this book. All matters pertaining to physical health should be supervised by a health care professional.

This book is made possible through a generous donation from Michael Brown and Barbara Johnston-Brown.

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# Acknowledgments

After the French Meadows Summer Camp sponsored by the George Ohsawa Macrobiotic Foundation in 1972, I looked over the menus of the meals I served at camp. In revising them, I had the idea to keep a one-year record of menus. I thought this would be a practical, everyday help for those people beginning to cook.

One year later, I began work with my best friend, Mrs. Hazel Lerman. She worked very hard, transcribing by hand from my broken English. Next, Ms. Joanne Kowalenok and Ms. Alice Feinberg typed the first version.

Since then, seven years passed. G.O.M.F. moved from San Francisco to Oroville. We started Vega Institute, and Herman and I both became very busy and could not work on the cookbook. I deeply appreciate two Vega students, Lisa McKinney and Sally Chaney, who both helped with typing. After we temporarily discontinued Vega, Betty Patterson began corrections on the book.

Later, we made the final revisions and typed the manuscript again. Finally, we got our new typesetting machine at the Foundation, and we became ready to finish the book. For illustrations I asked Nan Jones, who did the work in the *Chico-San Cookbook*; for the cover, Carl Campbell of San Francisco, who did the illustrations in the *Do of Cooking*.

I am fifty-three years old and have a poor school education, but I think this is a good cookbook. Without the help of our many friends, I could not have finished this book; I express my gratitude to them because they study the Unique Principle of George Ohsawa. Again, I say thank you to volunteers Hazel, Joanne, Betty, Alice, Lisa, and Sally. As soon as possible, I will enjoy giving them each a copy of the book in my appreciation for their efforts.

My mother often said, "You never finish what you start. You must learn to finish." She tried to teach me knitting, but I wouldn't complete my work. Now, I finish my knitting—very fast. And, even though from beginning to end it took seven years, finally I finish this cookbook.

I would like to thank the final production staff: Sandy Rothman, editing; Carl Ferré, design and layout; Lois Engelkes, typesetting.

*Cornellia Aihara  
Oroville, California  
May 15, 1979*

# From the Author

I wrote this book for those people who are just beginning macrobiotics. For one year, I served these dishes at the George Ohsawa Macrobiotic Foundation. You can use this book to discover how to balance food and make new combinations, such as deep-fried foods combined with boiled green vegetables or bean sauce combined with seaweed. There are also many party dishes: New Year's, Christmas, Thanksgiving, 4th of July, wedding menu, children's birthday menu plus summer and autumn camp menus, which have recipes for foods cooked outdoors.

These menus were created by considering the weather, season, economy, and the individual's condition. In winter, I prepared warm dishes for the cold days. On special occasions such as the birthday of one of the children, I served a regular American dinner. This was a rare occasion for us to eat this way, and I balanced the dinner according to yin and yang.

The most important ingredient for a good cook is love. When you are having a party, think of your guests and their likes and serve them food that they will enjoy. Your party will be a success.

Many people say that macrobiotic cooking takes lots of time. I hope that this book will save you time by giving you menus and an idea of balance. Please find out for yourself how much fun it is to cook. I enjoy cooking very much myself and, moreover, I enjoy the feeling from the people eating my food—their relaxed and smiling faces, happy conversation, and gratitude for a good dinner. Please make yourself a good and beautiful cook with your love. From this your family and friends will become healthy and happy. For this reason I wrote this new cookbook. I have written other cookbooks: the *Chico-San Cookbook* and *Do of Cooking*. Please refer to these books to expand your understanding of macrobiotic cooking and philosophy.

Thank you for reading this cookbook. I hope that we meet somewhere, sometime and that you will be a good cook—one who makes your self, family, friends, and the whole world happy.

*Cornellia Aihara  
San Francisco, California  
January 1, 1973*

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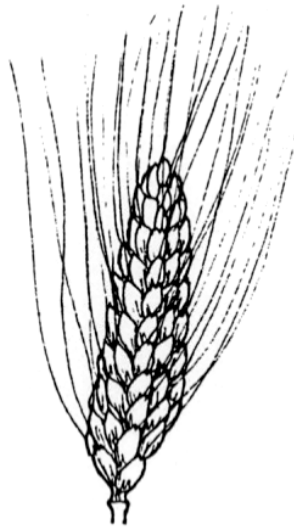
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# Foreword

This cookbook may be used in several ways. It may be followed as a daily menu guide through the twelve months of the year—two meals per day. The menu section can be used as a reference for sample meals, seasonal balance, or combining leftovers. The topical index may be used to find recipes for a certain dish or type of food. A standard index is also provided.

The menu section contains a daily record of what Cornellia served for each meal during one entire year. She sometimes changes recipes according to season, balance, availability, and other conditions; these variations are indicated in the menu section. Similarly, the name of a given recipe can also change to reflect a slight variation. When in doubt, refer to the recipe number.

Days and dates given are for 1973. In other years, days and dates may not coincide. Please make this slight adjustment. The day of the week is more important to Cornellia as she prepares different meals on the weekends. You will also want to celebrate your own festive days; for ideas, refer to the guide to festive meals at the beginning of the menu section. Although not listed, bancha tea was usually served after each meal.

In order to avoid confusion, all numbers refer to recipe numbers. No page numbers have been used.

## 128. Pan-Fried Gyoza with Sauce

### Crust:

- 1 cup whole wheat flour
- 1 cup unbleached white flour
- $\frac{3}{4}$  cup boiling water
- 1 tsp sesame oil
- 1 tsp salt

### Filling:

- $\frac{1}{4}$  cup minced onion
- $\frac{1}{4}$  cup scallion or chives, minced
- $\frac{1}{2}$  cup Chinese cabbage, minced
- $\frac{1}{2}$  cup cabbage, minced
- 1 tsp ginger juice (grate, squeeze ginger, and discard remains)
- $\frac{1}{2}$  tsp sea salt
- 1 tsp soy sauce
- 1 tsp sesame oil
- 1 heaping Tbsp minced seitan or chicken
- 2 heaping Tbsp fresh bread, cut in  $\frac{1}{4}$ " squares

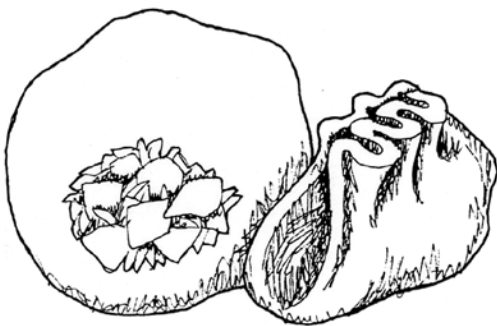
### Sauce:

- 1 Tbsp lemon juice
- 3 Tbsp soy sauce

Add the boiling water to the flour and salt and mix with chopsticks or fork. When you can handle it comfortably, knead the dough. Add oil and knead it again. Make a ball of dough, cover it with a wet cloth, and let it sit for 30 minutes.

Remove cloth, knead once more. Roll into log 9" long with diameter of  $1\frac{1}{2}$ " and slice into  $\frac{1}{2}$ " lengths. Roll each piece into a round shape with a  $3\frac{1}{2}$ " diameter.

Squeeze excess water from vegetables by hand. Add ginger juice, soy sauce, sea salt, and vegetables to the seitan. Mix together and add bread cubes (or sautéed rolled oats).



Fold each piece of dough gently—do not make a sharp crease when you fold. Leave the folded edge

wide (about  $\frac{3}{4}$ " ) and place 1 teaspoon of the filling in each piece of dough. Flute dough on top, sealing it into gyoza shape.

Heat 1 tablespoon oil in a heavy iron pan that has a cover. Place one layer of gyoza tightly in the pan and cook them until slightly brown (about 7 min.). Remove the cover and keep it in your hand; add 1 ladle of boiling water (about  $\frac{1}{3}$  cup) and replace the cover immediately. The water will sizzle in the pan. Cook the gyoza 7 minutes more until all the water is evaporated. The gyoza will become more transparent.

Mix sauce ingredients. Serve gyoza with the brown side up and top with sauce.

---

## 129. Clear Soup with Vegetables

- 3 cups soup stock (see 16 or 80b)
- 2 cups water
- 1 tsp sea salt
- 1 tsp soy sauce
- 5 pieces carrot, cut in flower shape
- 5 pieces of parsley
- 1 small pkg somen (thin white noodles)
- 3 cups boiling water (for cooking somen noodles)

Tie each piece of parsley into a circle, loosely. Dip the tied parsley into the salted boiling water until its color changes and set it aside to cool.

Place the carrots in the same boiling water and cook them until they are tender (about 5 minutes). Strain and let them cool.

Add the water to the soup stock.

Cook the somen and rinse with cold water. Allow to cool. Pick up about 5 somen noodles, wrap them around your finger and place them in a bowl. Place 1 piece of carrot and one parsley circle along with noodles in each bowl.

Boil the mixed soup stock and vegetable water for 20 minutes and add soy sauce to season. Pour this hot stock over the noodles and vegetables. Serve it hot.

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### 215a. Raisin Buns with Strawberry Topping

3 cups whole wheat pastry flour  
3 cups unbleached white flour  
½ cup raisins or currants  
½ tsp yeast  
½ cup warm water  
1 Tbsp oil  
1 tsp sea salt  
3 cups warm water  
2 heaping Tbsp white flour

Mix the yeast with ½ cup warm water and let it sit for 5 minutes. Add the 2 tablespoons of white flour and let this sit until the mixture bubbles.

In a large bowl, combine the flours and this yeast mixture. In a separate bowl, mix the oil, salt, and 3 cups of warm water. (Use part of this water to wash out the yeast mixture.) Add this to the flour mixture. Add the raisins, mix all ingredients together thoroughly, and let the dough sit for 4 hours in a warm place—until it doubles in size.

Punch it down and let it rise again.

Dust a cake pan with corn meal. Wet your hand and make balls from the dough, 1½" in diameter. Place them close together in the pan. Place in a cold oven, turn it on to 450°, and bake the buns for 45-50 minutes, until they turn slightly brown.

#### *Strawberry Topping*

4 boxes of fresh strawberries  
3 cups apple butter  
2 cups boiling water  
1 tsp sea salt  
2 heaping Tbsp arrowroot  
2 tsp vanilla extract

Wash the strawberries and cut them into quarters. Mix the apple butter, salt and boiling water and bring it to a boil. Add the strawberries and bring to a boil again.

Dissolve the arrowroot in ¼ cup of cold water and add it to the mixture. Bring this to a boil. When the mixture thickens, set it aside to cool. Add the vanilla when the mixture has cooled slightly, and serve the topping over the buns.

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### 215b. Strawberry Delight

3 boxes of fresh strawberries, sliced  
2 cups apple juice  
1 tsp sea salt  
2 heaping Tbsp arrowroot flour

Dissolve the arrowroot in ¼ cup of cold water. Mix the apple juice and sea salt with the strawberries and bring this to a boil on high heat. Add the arrowroot, bring to a boil again, and let it cool.

This is very delicious, much like strawberry jello.

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### 216. Zucchini and Onion Nitsuke

7 med zucchini, cut ¼" wagiri  
3 med onions, cut ¼" mawashigiri  
2 tsp sesame oil  
¼ tsp sea salt  
2 tsp soy sauce

Heat the oil and sauté the onions until they are transparent. Add the squash and sauté it a few minutes. Cover and cook on medium heat. After 5 minutes of cooking, stir the vegetables then stir again in 5 more minutes. Add the salt and soy sauce. Continue cooking on low heat for 10 minutes or until it is tender.

Remove the cover and cook on high heat for a few minutes to evaporate some of the extra liquid.

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### 217. Cucumber Salad

3 cucumbers—peel them if the skins are waxed  
2 tsp sea salt  
3 Tbsp lemon juice

Remove the head of the cucumber, dip it in salt and replace it on the cucumber. Rub this around the cut end to take out the bitterness. Then cut the cucumber in very thin slices (koguchigiri). Sprinkle on the salt and let it sit for 10 minutes.

When the water comes out of the cucumbers, they will be soft and you can squeeze out any excess water. Then mix with lemon juice and serve about 5 minutes later.

Variation: Instead of lemon juice, substitute 3 tablespoons rice vinegar or 3 tablespoons equal amounts of lemon and orange juice.

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# March

Breakfast		Dinner
	<b>Thursday, March 1</b>	
28 Wakame, onion, carrot miso soup		1b Pressure-cooked brown rice
1b Pressure-cooked brown rice		2d Brown rice mochi soup
118,55 Baked squash and turnip (leftover) mixed with cabbage nitsuke		2f Walnut mochi
14 Turnip, turnip leaves nuka pickles		2e Azuki squash mochi
		2g Baked mochi with kinako
		91 Saifun nitsuke
		14 Daikon nuka pickles
	<b>Friday, March 2</b>	
28 Wakame, onion, carrot miso soup		1b Pressure-cooked brown rice
1b Pressure-cooked brown rice		130 Rice pie
63 Collard green nitsuke		47 Cauliflower-kuzu sauce
14,15 Daikon, Chinese cabbage nuka pickles		15 Chinese cabbage nuka pickles
	<b>Saturday, March 3</b>	
18 Chinese cabbage, onion, cauliflower leaves miso soup		► <i>Girls' Day</i>
1b Pressure-cooked brown rice		1b Pressure-cooked brown rice
131 Wild scallion and egg nitsuke		2d Mochi soup
49 Rice cream		2e,f,g Mochi (leftover)
14 Daikon nuka pickles		91 Saifun nitsuke
		132 Amasake cake with yannoh frosting
		14,15 Daikon, Chinese cabbage nuka pickles
	<b>Sunday, March 4</b>	
18 Chinese cabbage, onion, cauliflower leaves miso soup		1b Pressure-cooked brown rice
1b Pressure-cooked brown rice		235 Udon with clear soup
48 Parsnips and celery nitsuke (omit parsnips)		91 Saifun nitsuke (leftover)
14,15 Daikon, Chinese cabbage nuka pickles		15 Chinese cabbage nuka pickles
	<b>Monday, March 5</b>	
18 Chinese cabbage, onion, cauliflower leaves miso soup		1b Pressure-cooked brown rice
1b Pressure-cooked brown rice		24,25 Kasha with sesame onion sauce
99 Wheat cream		133 Yam, carrot nitsuke
13 Natto with pickled daikon leaves		15 Chinese cabbage nuka pickles
91 Saifun nitsuke (leftover)		
15 Chinese cabbage nuka pickles		
	<b>Tuesday, March 6</b>	
18 Cabbage, onion, carrot miso soup		► <i>Cooking Class</i>
1b Pressure-cooked brown rice		134 Gomoku rice
54 Broccoli nitsuke		18 Turnip, turnip leaves, onion, carrot miso soup
14,15 Daikon, Chinese cabbage nuka pickles		123 Chinese cabbage roll
		135 Amasake yeasted doughnuts
	<b>Wednesday, March 7</b>	
18 Turnip, turnip leaves, onion, carrot miso soup		1b Pressure-cooked brown rice
1b Pressure-cooked brown rice		107 Kidney beans with carrot
63 Mustard green, age, carrot nitsuke		39 Lettuce goma ai
99 Wheat cream		56 Garlic bread
14,15 Daikon, Chinese cabbage nuka pickles		14,15 Daikon, Chinese cabbage nuka pickles
	<b>Thursday, March 8</b>	
18,2c Miso soup (leftover) with scallions and mugwort mochi		1b Pressure-cooked brown rice
1b Pressure-cooked brown rice		38 Kasha croquettes dusted with sweet rice flour
63 Vegetable nitsuke (leftover)		37a Béchamel sauce
97 Scallion, scallion roots miso		48 Parsnip-celery nitsuke
14 Daikon nuka pickles		98 Mustard green pressed salad
	<b>Friday, March 9</b>	
18 Turnip, turnip leaves, onion miso soup		1b Pressure-cooked brown rice
1b Pressure-cooked brown rice		69 Split pea macaroni potage
19 Collard green, onion, carrot nitsuke		138 Vegetable kebabs with lemon miso sauce
137 Mustard green nuka pickles		98 Mustard green pressed salad
		14 Daikon nuka pickles

## About the Author



Cornelia Aihara learned the traditional arts of country-style food preparation at her native home in Aizuwakamatu (Fukushima prefecture), northern Japan. To this she added an understanding of healthful food combining and balancing according to yin and yang principles—an education she received later at the George Ohsawa macrobiotic school in Tokyo.

In 1955 she came to the United States and married Herman Aihara, founder of the George Ohsawa Macrobiotic Foundation. Their daughter Mari was born in 1958 and their son Jiro in 1959. At the first American macrobiotic summer camps in 1960, 61, 63, and 64 Cornelia studied cooking while assisting Mrs. Lima Ohsawa.

Since 1960 Cornelia devoted her life to the teaching of macrobiotic cooking and philosophy. She travelled extensively with her husband, giving cooking classes and lectures throughout the United States. Cornelia became a foremost teacher of natural foods cooking and was well-known as a creator of balanced, healthful and delicious meals in harmony with nature. She passed away February 26, 2006.