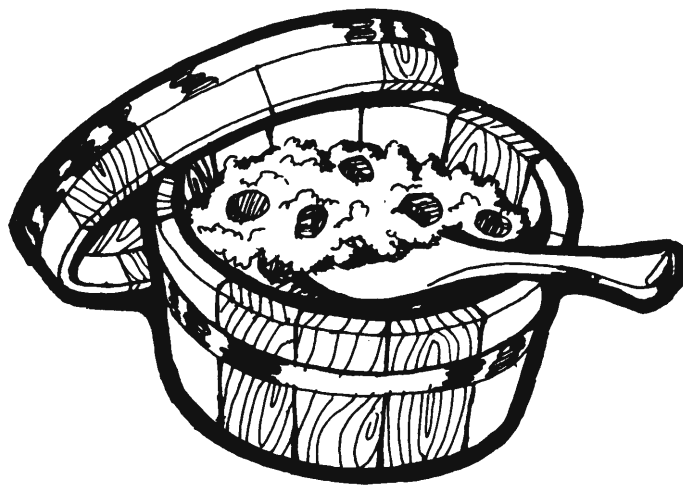


# **The Dō of Cooking**

**Cornellia Aihara**

**Complete Macrobiotic Cooking for the Seasons**

introduction by  
Herman Aihara



**George Ohsawa Macrobiotic Foundation**

Other Books by Cornellia Aihara

*Calender Cookbook*

*Chico-San Cookbook*

*Do of Cooking*

*Macrobiotic Child Care*

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

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 French Meadows Summer Camp participants.

Proofreading and editing by Sandy Rothman (original) and Kathy Keller (current)

Text layout and design by Carl Ferré

Cover design and illustrations by Carl Campbell

|                                 |            |
|---------------------------------|------------|
| First published as four volumes | 1971       |
| First one-volume edition        | 1982       |
| Current printing                | 2013 Dec 1 |

© copyright 1982 by the George Ohsawa Macrobiotic Foundation  
PO Box 3998, Chico, CA 95927-3998  
530-566-9765; fax 530-566-9768; 800-232-2372  
[www.ohsawamacrobotics.com](http://www.ohsawamacrobotics.com); [gomf@ohsawamacrobotics.com](mailto:gomf@ohsawamacrobotics.com)

Published with the help of East West Center for Macrobiotics  
[www.eastwestmacrobotics.com](http://www.eastwestmacrobotics.com)

ISBN 978-0-918860-39-2



Cornellia Aihara was born in Fukushima, northern Japan, in 1926. When she was twelve years old, her mother gave birth to a baby boy. Since her mother did not have enough milk to nurse, her mother was kept very busy with his care and it became Cornelia's responsibility to cook for the family. She also learned Chinese-style cooking around 1946 when many Japanese exiles returned home from Manchuria after World War II ended.

She learned macrobiotics from George Ohsawa when he came to her town (Aizuwakamatsu) for lectures. This incident changed her life. Soon after this, she left home and went to Ohsawa's school. In this school she didn't learn cooking, but she learned that if someone dislikes you, then that is a mirror reflection of your arrogance or exclusivity. This learning helped her to be a macrobiotic teacher later.

At that time she also began corresponding with Mr. Aihara, who was living in New York. He invited her to New York in 1955. Trusting Herman Aihara only through exchanged letters, she came to America with only ten dollars in her pocket. Soon after her arrival in New York they were married. There they engaged

in retail businesses until Mr. and Mrs. Ohsawa came to the United States from Europe. Then she studied macrobiotic cooking by helping Mrs. Lima Ohsawa at the first macrobiotic summer camps at Long Island in 1960; at the Catskill Mountains in 1961; at the University of California at Chico in 1963; at the Big Sur camp in 1964; and at many other of Mrs. Ohsawa's cooking classes.

Since 1961, Cornelia devoted her life to the teaching of macrobiotic cooking, childcare and home remedies, and philosophy. She travelled extensively with her husband since 1970, giving cooking classes and lectures throughout the United States and Europe. Together they organized fourteen macrobiotic summer camps in California beginning in 1965. In these camps, Cornelia's cooking was the biggest attraction. She became a foremost teacher of macrobiotic natural foods cooking.

Besides *The Do of Cooking*, her other cookbooks are *Macrobiotic Kitchen* (Japan Publications, formerly published as *Chico-San Cookbook* by G.O.M.F.), and *Calendar Cookbook* (G.O.M.F.).

# Contents

|                        |    |                                 |    |
|------------------------|----|---------------------------------|----|
| Preface . . . . .      | 9  | Selecting Good Foods . . . . .  | 17 |
| Introduction . . . . . | 10 | The Secret of Cooking . . . . . | 25 |

## Spring

---

|                           |    |                                |    |
|---------------------------|----|--------------------------------|----|
| Spring Cooking . . . . .  | 35 | Special Dishes . . . . .       | 60 |
| Grains . . . . .          | 37 | Deep Fried Foods . . . . .     | 62 |
| Noodles . . . . .         | 39 | Salads . . . . .               | 64 |
| Vegetables . . . . .      | 42 | Sauces and Dressings . . . . . | 66 |
| Wild Vegetables . . . . . | 44 | Pickles . . . . .              | 68 |
| Soups . . . . .           | 50 | Breads and Snacks . . . . .    | 71 |
| Wheat Gluten . . . . .    | 52 | Desserts . . . . .             | 74 |
| Tofu . . . . .            | 55 | Beverages . . . . .            | 75 |

## Summer

---

|                                  |    |                                |     |
|----------------------------------|----|--------------------------------|-----|
| Summer Cooking . . . . .         | 79 | Tofu . . . . .                 | 101 |
| Grains . . . . .                 | 81 | Fried Foods . . . . .          | 104 |
| Grains with Vegetables . . . . . | 83 | Salads . . . . .               | 106 |
| Noodles . . . . .                | 87 | Sauces and Dressings . . . . . | 109 |
| Vegetables . . . . .             | 90 | Pickles . . . . .              | 113 |
| Wild Vegetables . . . . .        | 94 | Condiments . . . . .           | 116 |
| Seaweeds . . . . .               | 95 | Breads . . . . .               | 119 |
| Soups . . . . .                  | 97 | Desserts . . . . .             | 121 |
| Beans . . . . .                  | 98 | Beverages . . . . .            | 126 |

# Autumn

---

|                                   |     |                                  |     |
|-----------------------------------|-----|----------------------------------|-----|
| Autumn Cooking . . . . .          | 129 | Soups and Stews . . . . .        | 144 |
| Grains . . . . .                  | 131 | Beans . . . . .                  | 149 |
| Noodles . . . . .                 | 134 | Special Holiday Dishes . . . . . | 152 |
| Casseroles . . . . .              | 137 | Fried Foods . . . . .            | 156 |
| Vegetables and Seaweeds . . . . . | 139 | Pickles . . . . .                | 159 |
| Cooked Salads . . . . .           | 142 | Breads and Desserts . . . . .    | 161 |

# Winter

---

|                              |     |                                |     |
|------------------------------|-----|--------------------------------|-----|
| Winter Cooking . . . . .     | 129 | Special Dishes . . . . .       | 144 |
| Grains . . . . .             | 131 | Fried Foods . . . . .          | 149 |
| Vegetables . . . . .         | 134 | Sauces and Dressings . . . . . | 152 |
| Stews . . . . .              | 137 | Pickles . . . . .              | 156 |
| Soups . . . . .              | 139 | Breads and Snacks . . . . .    | 159 |
| Beans . . . . .              | 142 | Desserts . . . . .             | 161 |
| New Year's Recipes . . . . . | 189 |                                |     |

|                                 |            |                                |            |
|---------------------------------|------------|--------------------------------|------------|
| <b>Glossary . . . . .</b>       | <b>213</b> | <b>Topical Index . . . . .</b> | <b>219</b> |
| <b>Cutting Styles . . . . .</b> | <b>216</b> | <b>Index . . . . .</b>         | <b>225</b> |

# Preface

When the George Ohsawa Macrobiotic Foundation was started in San Francisco in January 1971, we planned to publish our own version of a macrobiotic cookbook. Cornellia Aihara wrote a complete book after intensive work and concentration of thought. However, she gave the manuscript to Chico-San, Inc., when Bob Kennedy, president of the company and a long-time friend of hers, expressed his wish to publish a company cookbook.

Therefore, in order to publish our own book we began in June of 1971 to gather macrobiotic recipes from our members to compile a cookbook to be published by G.O.M.F. Although most of the recipes in this book were written by Cornellia, many have been contributed by other members of the Foundation (as seen in her acknowledgments). All contributors studied macrobiotic cooking with Cornellia and have followed the macrobiotic diet for several years. They are also experienced in giving cooking classes and cooking for large groups, at the G.O.M.F. summer camps and other occasions. Since many of these recipes were given by American macrobiotic cooks, they are more acceptable to many Americans than just Cornellia's own recipes.

Then, Cornellia divided these recipes into four seasons and actually cooked them by herself. After many hours of work and thought, she made the final recipes and wrote how to cook them. Her work was not finished here. After writing the recipes and way of cooking, she added the seasonal cooking hints that make this the most complete macrobiotic cookbook available today. At this time we received a book in Japanese, *The Secret of Zen Cooking* (I. Kajiura, Korinkaku Publishers), from Mrs. Lima Ohsawa, and she

suggested I translate it to English. After reading it I found it a very interesting book but I didn't translate it. Many materials used in the book were not available in most of the United States, and most of the cooking is Zen cookery using tofu, natto, various rice misos, etc.; I thought it would be best for more advanced macrobiotic students or for occasional cooking. However, the general advice for the Zen style of cooking in the book was very macrobiotic. Therefore, it was the inspiration for a chapter in our book.

When the book was done, we printed it by the season in four small volumes. Our press was small and our printing technique was poor. Ten years later, however, in order to compete with other macrobiotic cookbooks available on the market and to encourage the general public to accept macrobiotic cooking, we decided to combine the four volumes into one. This meant better quality and a very complete macrobiotic cookbook.

While Cornellia was in Japan, I took over her cooking classes and used this cookbook at our Vega Study House. I found that the recipes were easy to follow and the meals were delicious and health-giving. Many of my students enjoyed them too. Therefore, I am sure you will find that this cookbook will be one of the most useful kitchen tools in your life for many years to come.

*Herman Aihara*  
June 1982

# Selecting Good Foods

First of all, freshness is a primary factor in the selection of vegetables. Vegetables just brought from the market are still wet. Open the bundles of fresh vegetables and dry in a dark place for about three to four hours. Then, put in plastic bags so that the vegetables will retain their freshness and not dry out. If wet vegetables are kept in a refrigerator they will quickly spoil.

The taste of vegetables is always better when they are in season. They are also much cheaper then. Get into the habit of using vegetables when they are in season. Most vegetables are sold in markets all year round. This indicates that most of them are produced in faraway places or grown in hothouses. It is therefore important to learn which vegetables are produced in each season. If you use seasonal foods, they will be grown in nearby places. This allows your body to adapt to your environment.

## Spring to Summer Vegetables \_\_\_\_\_

**Cauliflower** (Oct.–June): Choose a head with a green outside and closed flower buds. When the buds are open, the taste is not so good. A reddish color indicates age. Yellow color means the vegetable is overripe. Cook in wheat flour water as for asparagus. Good in salads, sautéed, or with wheat sauce and vinegar.

**Broccoli** (Oct.–June): If the flower is opened too much, it is too mature and the taste is not good.

**Mustard greens** (Feb.–April): The distinguished bitter taste of mustard greens neutralizes excess yang accumulated during the cold winter season. The best time to eat them is in the beginning of spring. Good boiled, with sesame seeds, pickled, and in miso soup.

**Dandelion** (Feb.–April): Wild vegetables should not exceed more than ½ the weight of other vegetables when prepared (they should always be eaten along with garden vegetables because of the high potassium content). Dandelion is good sautéed with cabbage. If you find a large root, wash it thoroughly and slice very thin. Sauté it with sesame oil (use slightly more oil than for garden vegetables) for a long time over a low flame. The root can be eaten year round. Good for yin and anemic persons.

**Asparagus** (May–July): Varieties that grow in cooler climates are softer, rounder, and have better taste. Vertical fibers indicate a harder, less tasty variety. Prepare asparagus by boiling in 5 cups of water with 1 Tbsp. whole wheat flour and 1 tsp. salt. Cook until tender and rinse. Drain and serve with French dressing or mayonnaise. Very good as tempura or prepared with sesame seeds.

**Red Cabbage** (May–June) or (Oct.–Dec.): Brush with salt, then wash. (This makes a nice color.) Good for salads, or serve with French dressing.

**Bell pepper** (May–Sept.): The short, round varieties have more seeds and are harder. The triangular variety is longer and has fewer seeds; select the latter. They are delicious when stuffed and baked in the oven, boiled, deep-fried with batter, or used raw in salads. Discard the seeds after cutting. Rich in vitamins A and C.

**Cucumber** (May–Sept.): Those with a smooth shape have a better taste; a bent top indicates that the cucumber dried on the stalk in the field. Also, avoid those with a yellow color because this indicates a hard skin. Cucumbers that still have a flower are fresh and taste good.

**Eggplant** (May–Sept.): Large eggplants are good for boiling, baking, and sautéing. Smaller eggplants

## 18 - SELECTING GOOD FOODS

are good for pickles. Autumn eggplant is good for mustard pickles and miso pickles because it contains less water.

**Peas and string beans** (May–Nov.): If the size is very small, the taste is not so good. Just before maturity is when the beans taste best. Suitable for boiling, steaming, tempura, and miso soup.

**Summer squash** (June–Sept.): Zucchini, yellow crookneck, patti-pan should be young and tender.

**Tomato** (June–Sept.): Well-ripened tomatoes are strongly acidic. Therefore, they are best for cooking purposes rather than raw. Greenish tomatoes are good for salad, or they may be pickled. To remove skin, drop vegetable in hot water, then peel off skin with your fingers. For salad, use a knife to remove the skin.

**Potato** (June–Aug.): Those varieties with a rough skin are produced in a warmer climate. Small and hard varieties taste better.

**Cabbage** (June–Aug.): This is one vegetable that is easily available all year round. However, the best season to eat cabbage is between June and August. A tightly rolled hard head is good for cooking. Soft, loosely rolled heads are best for making pickles, soup, stuffed cabbage rolls, and salad.

**Corn** (Aug.): Those with yellowish, well-ripened kernels fresh from the field taste best. Those with a wrinkled skin and cornsilk should be avoided. Good for soup, tempura, or corn on the cob.

### Autumn to Winter Vegetables \_\_\_\_\_

**Satoimo** (albi or taro) (Aug.–Nov.): Wash it with a tawashi (vegetable brush) to remove the loose feathery skin. If the potato shows white underneath, it is good. If the color is green and the shape is more elongated, the potato was grown too near the surface. These do not taste as good. Around November, many stores have big albi. These are the original parent plants (oyaimo or kashiraimo). They are harder, so they are better for stews. Small albi are better for miso soup and nitsuke.

**Winter squash** (Sept.–Nov.): Squash tastes best when picked exactly at its time of maturity. Unripe squash is not very sweet, but over-matured squash is very porous. Usually, those grown in a large flower bed around a raised center taste good. Squash should be hard and heavy and have a nice color. Good for soup, sauce, and tempura.

**Yams** (Sept.–Nov.): The best are usually harvested

at this time, but they are available all year. These are good for kanten (desserts), nitsuke, tempura, and miso soup.

**Daikon radish** (Sept.–Nov.): The less watery, hard, straight ones with smooth skins are best. Big daikon should be heavy. If they are not, then something is wrong. The inside may be empty or dried out. This vegetable has innumerable uses, all delicious. They are good for nitsuke, pickles, stew, miso soup, or salad.

**Turnips and Rutabagas** (Sept.–Feb.): Turnips can grow all year in lower California, but the best-tasting ones mature from autumn to early winter. Small ones are good for pickles, salads, and miso soup. Big turnips are good for nitsuke, stews, and mushi mono (a steaming process). They have the best sweet turnip taste if you cook them for a long time until they fall apart easily. After April-May, the small turnip variety gets big and tough. The cellulose gets hard and the taste is less flavorful.

**Chinese cabbage** (Sept.–March): Those with the best taste appear around November after the frost. The frost makes the cabbage tender and sweet. They are good for pickles, sautéing, nitsuke, stew, and miso soup. Heavy heads are best. They are more yang and compact.

**Burdock** (Oct.–Dec.): If possible you should use it as soon as you take it from your garden. When you choose it from the market, select ones as thick as your thumb, straight and long. Don't choose fat ones because many times the center can be hard and woody. Some stores have fresh burdock during the summer (July–Aug.). This is younger and sweet, still all right.

**Leeks** (Nov.–April): This vegetable is similar to scallions. Those harvested from November to April have the best taste. Good for miso soup, clear soup, cooked with celery, or in vegetable stews.

### All Year Vegetables \_\_\_\_\_

**Carrots:** If carrots planted in June, July, or August are allowed to pass through the winter, they will blossom in early May. At this stage, however, they are too woody and tough to use as food. Otherwise they are good all year round, though the best season is autumn. Carrots are good in nitsuke, stew, salads, miso soup, and clear soup.

**Jinenjo:** This amazing vegetable grows wild in the mountains of Japan. It has such a strong life force that



it will pass through cracks in rocks, splitting them apart as it grows. It grows very slowly, in a zigzag pattern. After planting, it takes a few years to grow to usable size (about 1½ feet). The pulp is very sticky. It is used in tororo soup (jinenjo ground in a suribachi and served raw), and also good for making jinenjo kinpira or tekka miso, a condiment good for heart disease and rheumatism or any disease caused by an excess of yin. Jinenjo gives much strength and energy, and helps people with weak sexual appetite. It may be found in America growing wild in the mountains—perhaps you can discover it. It is included here for the adventurers who want to search for this extremely strengthening food.

**Nagaimo:** This is available all year round in Japanese markets, though autumn is the best season for it. Nagaimo is cultivated jinenjo. It is hairy, light tan, and firm with a sticky white center. It is around two feet long. It has less flavor and taste than jinenjo. Although not as yang, it is still very yang. It is good in stew, soup, nitsuke, fried, or steamed.

**Bean sprouts (moyashi):** There are two kinds of sprouts: mung bean and soybean. If these have grown into leaves in the store, or have turned reddish-brown, don't buy them; they are too old. Bean sprouts spoil very quickly, so don't get too large a quantity at one time (just enough for three or four days use). Keep them in the refrigerator in a plastic bag. They are good for salads and sautéing, but don't overcook; if you do, they will shrink. Keep them crispy for the best taste.

**Ginger:** Ginger helps neutralize animal food poisons. It helps digest oily foods and generally stimulates digestion. It makes the fishy taste disappear from your seafood dishes and gives a good flavor to all meat, poultry, or fish dishes. In the summertime from July to September, fresh ginger arrives in the Oriental markets. The skin is softer and lighter and does not have to be removed for cooking. It is good for making salted plum juice pickles. These are pink and look especially nice in chirashi-sushi (see *Calendar Cookbook*, G.O.M.F., recipe #196). Ginger pickles (similar to recipe #82) are good condiments for baked fish and egg omelettes.

To keep ginger fresh: Fill a small box with sand, moisten it, and keep the ginger covered with sand. In this way the ginger will keep fresh for a year.

**Scallions:** Scallions are most delicious from autumn to winter. Scallions pulled after frost are best; these are the most tender and sweet and are good for nabemono and other stews. Summer scallions are

quite hard, not so good for cooking, but they make a good condiment for noodles. Scallions with a dark green color are best. Those that are yellow or white are not so good. Scallions are good through the winter if stored properly. To do this, dig a hole five inches shorter than the scallions, stand them up in the hole and fill with earth. The earth will slowly turn the scallions white due to the absence of light, and will keep them crisp. This makes them taste better. You can keep them all winter in the warmer states by doing this.

You can keep burdock the same way as scallions. Cover the burdock with sand about one inch above the tops. Later the burdock leaves will push through and grow.

You can do the same with daikon, but don't cover the greens. Leave them and one inch of the top of the daikon exposed. They will keep all winter like this where there is no snow. Carrots can be preserved in the same way with the greens exposed outside the earth.

**Onions:** Onions are a very good vegetable for all sorts of dishes because the taste and flavor lends itself well to so many different foods. Small onions are good for stews (used whole) and salads (sliced). Large onions are watery and do not taste so good—avoid them. Buy the small ones; they are more nutritious and have a sweeter, more delicious taste. Onions kept in storage during the spring sprout very quickly, so don't store too many at this time or you may find your supply has become an onion patch.

**Small red radish:** Clear bright red ones with smooth skin and no black or white spots are best. Black spots indicate old radishes. Good for salad and fried food decorations, nitsuke, and miso soup.

**Spinach:** The best-tasting spinach ripens from autumn to the end of April. After that it goes to flower. Rich soil makes it grow darker. A yellowish-green color means the soil was not so good. Good for ohi-tashi, aemono, boiled salads, and clear soup or miso soup.

**Lotus root:** Lotus root is available all year round, but fresh lotus arrives in the Oriental markets around July. Lotus should have a uniform brownish-tan color and smooth skin. If it has dark areas it is not so good. Try to get those with the most yang shape.

# Salads

## 69. Bean Sprout Miso Salad

---

5 cups bean sprouts  
 1-2 Tbsp mixed soybean purée  
 (half mugi and half kome miso)  
 2 Tbsp lemon juice

Wash bean sprouts and place in a pot of hot salted water, bring to a boil and remove from heat. Strain quickly and cool with cold water so sprouts remain crisp. Refrigerate.

Grind miso in a suribachi, add lemon juice and grind together. When the sprouts are completely chilled, add dressing and toss together well. Or, top each serving of sprouts with dressing.

## 70. Cole Slaw with Bean Sprouts

---

2 med sized carrots, matchsticks  
 1 head cabbage, shaved  
 2 cups fresh bean sprouts  
 Boiling salted water (1 tsp salt  
 to 5-6 cups water)

Shred carrots and cabbage. Place in a strainer and pour boiling water over the vegetables. Place a pan under the strainer to catch the water, and repeat the process. Do not discard water—this is a very sweet liquid and can be saved for miso soup, etc. Set vegetables aside.

In a saucepan, bring 1 cup of water to a boil and add ¼ tsp. salt. Drop in bean sprouts that have been rinsed in cold water. Cook just one minute after water comes to a boil again. Drain and rinse sprouts with cold water. Set aside to cool. Place bean sprouts and cabbage and carrots in a large serving dish.

### Dressing

½ cup chopped onions  
 Boiling salted water (¼ tsp salt  
 to 1 cup water)  
 4 umeboshi plums  
 1 cup water  
 1 Tbsp fresh lemon juice,  
 or rice vinegar  
 1 cup cooked grain (rice or  
 rice cream)  
 1 Tbsp sesame oil  
 3 Tbsp minced parsley  
 3 Tbsp minced watercress

To prepare the dressing, boil onions in salted water for 3 minutes to remove excess acids and strong flavor. Drain. Boil umeboshi plums in 1 cup water in a covered pan for 5-10 minutes. Shred plums with chopsticks or your fingers and remove pits. Place umeboshi juice in a blender and add boiled onions. Blend at low speed until liquefied. Add lemon juice and the rice a little at a time until thoroughly blended. Slowly drizzle in oil, while blender is still running. Add minced greens and blend until the dressing is a light foamy green. Cool. Pour dressing over vegetables and toss lightly. Garnish if desired with small sprigs of fresh parsley or watercress. Soy sauce may be used as seasoning if dressing needs more salt.

# Soups

## 147. Cold Soup with Baked Miso

---

1 cucumber, ¼" matchsticks  
 1 sheet toasted nori, crushed  
 5 Tbsp mugi miso  
 2 scallions, sarashinegi (#205)  
 4 cups cool stock (#39)

Form miso into small ball 1¼" diameter and ½" thick (similar to a rice ball). Heat up a metal toaster on a gas burner or use an oven rack slightly oiled. Toast miso ball on both sides. When a pleasant smell comes, it is done. Mix ⅓ of miso ball with the cool stock. Put the cucumbers and scallions in each soup bowl, pour the stock in each bowl, sprinkle with nori, and serve immediately. Tofu can be substituted for the cucumber. Baked miso is also a good condiment for rice.

## 148. Split Pea Miso Soup

---

2 cups split peas  
 1 piece of kombu, 4" x 4"  
 8 cups of water  
 2 large onions, chopped  
 1 cup chopped celery  
 1 cup chopped carrots  
 1 tsp fish shavings (optional)  
 2 Tbsp rice flour  
 ⅓-½ cup mugi miso  
 1 Tbsp oil

Wash split peas and soak in 4 cups of water one hour. Boil in 8 cups of water with strip of kombu until split peas are tender. Remove kombu. Sauté onions, fish shavings, celery, and carrots in oil; add to soup and simmer until done. Sauté flour in oil. Add soup to flour, then put in with rest of soup. (Mix some of soup in blender if creamy style is preferred.) Add miso to taste.

## 149. Fresh Corn Potage

---

3 ears corn  
 1 onion, large minced  
 1 Tbsp kuzu  
 4 cups water  
 1 tsp salt  
 1 tsp sesame oil  
 ½ tsp soy sauce

Shave corn kernels. With the back of the knife scrape the cob to remove all the juice. Sauté onion covered until transparent and add ½ tsp. salt. Add the corn and the pulp and sauté a few minutes. Add ½ tsp. salt and water. Bring to a boil, then lower flame and cook 20 minutes.

Dilute kuzu in 3 Tbsp. water, add to soup, and boil 5 minutes. Add soy sauce to your taste. This potage has a beautiful yellow color.

## 150. Wakame Miso Soup

---

1 large handful of wakame  
 5 cups boiling water from soaking  
 the wakame  
 1 Tbsp mugi miso

Soak wakame until soft. Wash well. Chop, add to boiling water, and cook until tender. Put miso in a bamboo strainer and mash with a spoon while holding the strainer in the soup. Note: Before adding miso, turn off the flame. If there is any miso holding onto the strainer, keep dipping it into the soup until it is all removed. Serve immediately.

# Beans

## 301. Split Pea Potage

---

**3 cups split peas**  
**7 cups water**  
**3 small onions, minced**  
**2 celery stalks, minced**  
**1 Tbsp oil**  
**1 Tbsp salt**  
**2 bay leaves**

Soak peas 1 hour. Sauté onions until transparent. Add celery. Strain peas and reserve water. Place peas on top of vegetables without stirring. Add soaking water around the edge of the pan. Do not stir. Bring to a boil, add bay leaves, and cook 30 minutes or until soft. After soft, add salt and cook 20 minutes until creamy. Remove bay leaves and slowly mix to serve. Top with crushed corn chips for color and taste.

## 302. Chili Beans

---

**3 cups pinto beans, soaked overnight or at least 5 hours in 8 cups water**  
**3" x 3" piece of kombu, wiped with a damp kitchen towel**  
**2 small onions, crescents**  
**1 Tbsp sesame oil**  
**¼ tsp chili powder**  
**¼ tsp cayenne**  
**1 Tbsp salt**

Pressure cook beans for 45 minutes with the kombu. Sauté onions. When transparent, add all the beans. Bring to a boil, covered, and sprinkle salt on top. Turn down flame and cook 30 minutes. Add spices and cook 10 more minutes. Mix, half mash, and serve.

Good with tortillas (#110) or hot cornmeal pan bread (#332).

## 303. Soy Burgers

---

**2 cups soybeans**  
**1 cup minced onion**  
**1 cup minced carrot**  
**1 Tbsp sesame oil**  
**1 tsp salt**  
**½-¾ cup buckwheat flour**  
**Oil for deep-frying (or pan-frying)**  
**½ cup chopped scallions**

Boil soybeans in 4 cups water for 2 hours or until tender, adding more water if necessary. Strain, then blend until smooth. Should equal 4 cups.

Sauté onion in a covered pot. Add carrot and salt. After the vegetables are soft, evenly mix in the blended soybeans very well. Remove to a bowl, add scallions, and allow to cool. Add flour and mix well.

Shape into burgers. Either deep- or pan-fry. Season with soy sauce, ginger-soy sauce, or grated ginger. Serve on whole wheat hamburger buns with your favorite ingredients.

# Breads and Snacks

## 431. Sesame Bread

---

**1½ cups sesame seeds and 1 cup  
raw wheat germ, toasted  
together**  
**2 cups whole wheat flour**  
**2 cups whole wheat pastry flour**  
**2 cups brown rice flour**  
**1½ tsp sea salt**  
**2-3 cups liquid**

Combine dry ingredients. Warm the liquid (the amount varies according to the texture of the flours used). Mix well together. Warm and oil bread pans, fill to  $\frac{3}{4}$  full, and bake at 325° until it tests dry, about 45-60 minutes. Oil is not necessary in this bread because the roasted sesame seeds add oil to the bread batter, sufficient for daily eating.

## 432. Buckwheat Bread

---

**1½ cups freshly ground  
buckwheat flour**  
**3 cups whole wheat flour**  
**1 cup brown rice flour**  
**1 cup cornmeal**  
**2 tsp salt**  
**1 Tbsp soy sauce**  
**½ cup safflower oil (optional)**  
**2-3 cups liquid**

Combine all dry ingredients. Add warmed liquid portion and soy sauce. Knead into a batter, earlobe consistency. Warm and oil bread pans and add dough. Place in a cold oven, turn temperature to 350°, and bake 2 hours or until it tests dry and has a golden crust.

## 433. Party Bread

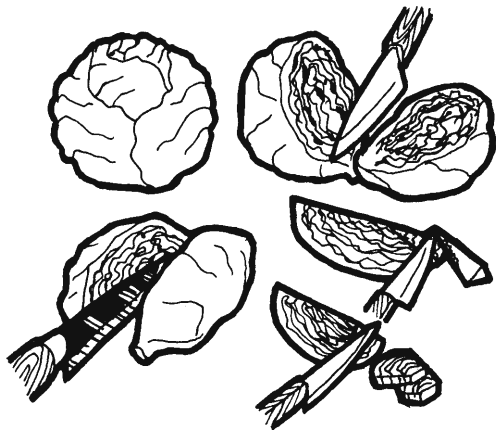
---

**4 cups whole wheat flour**  
**1 cup cornmeal**  
**2 cups sweet rice flour**  
**1 cup brown rice flour**  
**1 cup rye flour**  
**1-1½ cups cooked raisins**  
**1 cup chestnut purée**  
**3 cups raisin syrup**  
**¼ cup fresh apple butter**  
**½-1 cup roasted sesame or sun-  
flower seeds, walnuts, or pecans**

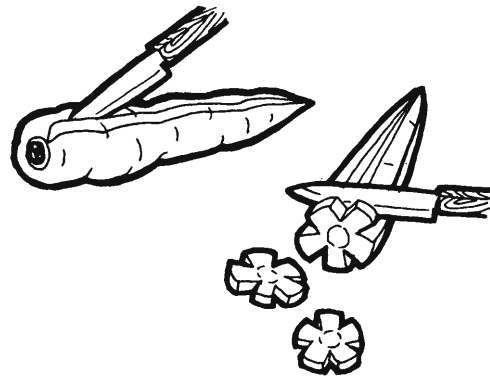
Cook raisins and reserve liquid as in #233. Combine all dry ingredients. Add 2 cups warm liquid to the flour and then the apple butter and chestnut purée. Mix together well and then add raisins, toasted seeds, or roasted nuts that have been dusted in flour before adding to dough. Knead well and add additional liquid until earlobe consistency is obtained. The liquid should be warm before adding to the flour—this makes a lighter dough. Let rise for 24 hours in a warm place, covered with a cloth rinsed in warm water. Moisten the cloth and re-cover frequently during the rising period. Shape into loaves. Pre-heat bread pans, oil them, add the loaves, and bake for 1 hour at 350°.

218 - CUTTING STYLES

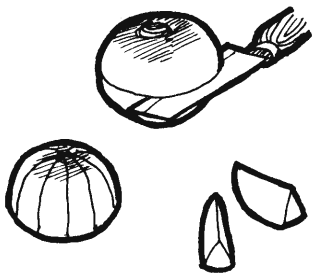
Quartering and slicing



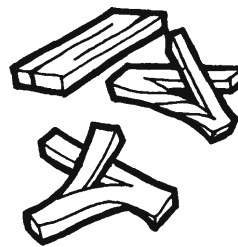
Flower design



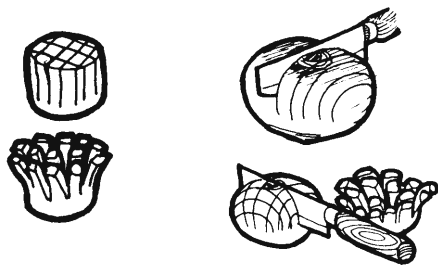
Wedges



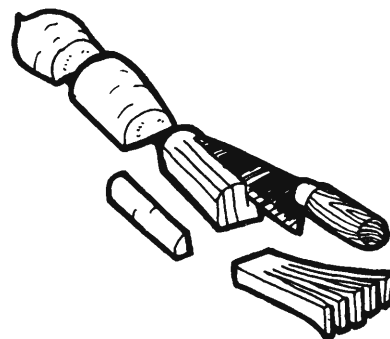
Pine needle



Chrysanthemum shapes



Fan shape



# Index

## A

Agé, Stuffed, #60  
 Albi Nishime, #401  
 All-Purpose Barbecue Sauce, #62  
 All Year Vegetables, pg. 18  
 Amasake Cake, #453  
 Amasake Cookies, #452  
 Amasake Crescents, #457  
 Amasake Donuts, Unyeasted, #455  
 Amasake Donuts, Yeasted, #456  
 Amasake Karinto, #451  
 Amasake, #446  
 Amasake (Flour), #447  
 Amasake Manju (Steam Cake), #448  
 Amasake Roll, Baked, #450  
 Amasake Roll, Steamed, #449  
 Amasake Wedding Cake with Frosting, #454  
 Apple Chestnut Twist, #93  
 Apple Kantén, #407  
 Apple Oatmeal Cookies, #232  
 Asparagus Sesame Salad, #72  
 Aster Boats, Onion, #26  
 Aster Nitsuke, #25  
 Autumn Casserole, #263  
 Autumn Cooking, pg. 129  
 Autumn to Winter Vegetables, pg. 18  
 Azuki Bean Rice, #100  
 Azuki Bean Soup, #294  
 Azuki Chestnut Kantén, #317  
 Azuki Pancakes, Buckwheat, #445  
 Azuki Winter Squash Nitsuke, #390

## B

Baked Amasake Roll, #450  
 Baked Chick Peas, #304

Baked Mochi, #351  
 Baked Rice, #3  
 Baked Zucchini, #127  
 Bancha Rice, Pressure-Cooked, #242  
 Bancha (Twig) Tea, #94  
 Barbecue Sauce, All-Purpose, #62  
 Barbecued Chicken and Vegetables, #61  
 Barbecued Fish, #63  
 Barley Cabbage Casserole, #260  
 Barley Kayu, #102  
 Barley Tea (Mugicha), #238  
 Barley Tea, Pearled (Hatocha), #97  
 Basic Suggestions, pg. 27  
 Bean Combinations for Winter, #396  
 Bean Salad, #159  
 Bean Sprout Miso Salad, #69  
 Bean Thread Salad, #174  
 Beans: See Topical Index (pg. 221)  
 Béchamel Sauce, #187 (also #17, #18, #304, #311, #363)  
 Béchamel Sauce, Onion, with Wine, #299  
 Beefsteak Leaves, #138  
 Best Simple Donuts, The, #230  
 Beverages: See Topical Index (pg. 223)  
 Black Bean Nishime, #399  
 Black Beans Mexicana, #152  
 Boiled Brown Rice, #2  
 Boiled Fu, #48  
 Boiled Licorice, #35  
 Boiled Mochi, #353  
 Boiled Tofu (Yudofu), #377  
 Boiled Vegetables, #271  
 Bonita, pp. 19-20  
 Bonita Mochi, #357  
 Bonita Sauce, #422  
 Bonita Stock, #41  
 Bouillon, Chicken, #43  
 Bracken Nitsuke, #29  
 Bread — See Topical Index  
 Breaded Eggplant, #170

Bright Green Cucumber Pickles, #198  
 Broccoli Nitsuke, #121  
 Broccoli Salad, #280  
 Broccoli Shrimp Sauce with Noodles, #255  
 Brown Rice: See Topical Index, Grains (pg. 219)  
 Brown Sauce #419  
 Buckwheat Azuki Pancakes, #445  
 Buckwheat Bread, #432  
 Buckwheat Cream Soup, #293  
 Buckwheat Cream, Thick, #247  
 Buckwheat Croquettes, #318  
 Buckwheat Groats, #246  
 Buckwheat Noodles, Homemade, #251  
 Buckwheat Noodles with Goma Sauce, #250  
 Buckwheat Potato Casserole, #361  
 Buffalo Stew, #289  
 Bulgur, #101  
 Bulgur Croquettes, #168  
 Burdock Condiment, #212  
 Burdock Logs, Split, #326  
 Burdock Roll, #323

## C

Cabbage Cucumber Pickles, #197  
 Cabbage Oil Pickles, #196  
 Cabbage Pickles: See Topical Index (pg. 222)  
 Cabbage Salt Pickles, #327  
 Cabbage, Sour, #73  
 Cake Frosting, 224  
 Cake Icing, #336  
 Cakes: See Topical Index, Desserts (pg. 223)  
 Canteloupe Strawberry Kantén, #223  
 Carob Christmas Cake, #465  
 Carp Soup (Koi Koku), #297  
 Carrot Bread, #435