

# Zen Cookery

previously published as  
*The First Macrobiotic Cookbook*



George Ohsawa Macrobiotic Foundation  
Chico, California

Books by George Ohsawa in English include: *Acupuncture and the Philosophy of the Far East*; *Atomic Age and the Philosophy of the Far East*; *Book of Judo*; *Cancer and the Philosophy of the Far East*; *Essential Ohsawa*; *Gandhi, the Eternal Youth*; *Jack and Mitie*; *Macrobiotic Guidebook for Living*; *Macrobiotics: An Invitation to Health and Happiness*; *Order of the Universe*; *Philosophy of Oriental Medicine*; *Practical Guide to Far Eastern Macrobiotic Medicine*; *Unique Principle*; *You Are All Sanpaku*; and *Zen Macrobiotics*. Contact the publisher at the address below for a complete list of available titles.

This book is made possible through a contribution from Ayrin Kalasa.

Keyboarded by Alice Salinero  
Text layout and design by Carl Ferré  
Cover design by Carl Campbell

First Edition                      1964  
Revised Edition                  1985

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ISBN 978-0-918860-42-2

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# Preface

Soon after George Ohsawa came to the United States as a missionary of macrobiotics in 1959, he published *Zen Macrobiotics* in 1960. This book in its original form included recipes for macrobiotic cooking. Although the number of macrobiotic students increased rapidly because of his interesting lectures and charisma, the much needed editing of the recipes for clearer instructions and measurements was not realized until later.

In 1961, on Ohsawa's advice, thirteen macrobiotic families, numbering thirty-six people, left New York City and moved to a small town in Northern California named Chico. The following year, all the adult members of the group started the first macrobiotic food distributing company, Chico-San, Inc.

Since nobody on the West Coast had heard of macrobiotic foods, one of the first jobs for the Chico-San founders was educating people in the macrobiotic philosophy, diet and cooking. A committee for the teaching of macrobiotic cooking was formed by the women of the group who began by separating the cooking section from *Zen Macrobiotics* and gathering recipes among themselves. Thus, Chico-San, under the name of the Ohsawa Foundation of Chico, published the first macrobiotic cookbook, *Zen Cookery*, in 1964.

The book sold very well for eleven years. It was out of print from 1975 until 1984, when the George Ohsawa Macrobiotic Foundation published the book under its new title, *The First Macrobiotic Cookbook*. The 1985 edition has been completely revised and corrected; however, the original outline and numbering system have been retained.

We and the Foundation's staff are happy to be publishing this revised edition after many corrections of recipes, instructions and cooking styles. We are very proud of this book and hope that not only will it help people to cook macrobiotic meals but also that it will inspire the macrobiotic spirit and movement in this country. After all, this is not just a cookbook but a cornerstone of macrobiotic life in the United States.

Cornellia and Herman Aihara  
July, 1985

**32. Rolled Oats**

2 cups rolled oats  
4 to 5 cups water  
¼ to ½ tsp salt

Roast oats until fragrant. Cool. Add 2 cups cold water and salt. Bring to boil, then add 2 to 3 more cups cold water. Bring to a boil again, then simmer for one hour or until desired consistency. Stir occasionally. Serve with sesame salt. This cereal can be cooked the night before or slowly simmered overnight in a double boiler on a low flame.

**33. Cracked Wheat with Onions**

2 cups cracked wheat  
2 onions, chopped  
¼ to ½ tsp salt  
1 Tbsp oil  
6 cups boiling water

Brown wheat in frying pan slowly until slightly colored and fragrant. Sauté onions in oil. Combine wheat, onions, salt, and boiling water. Cover and simmer for one hour, stirring occasionally. Add more water if necessary.

Variation: Add a pinch of thyme, basil, or garlic.

**34. Bulghur**

1 cup bulghur  
2 cups boiling water  
1 tsp oil  
¼ tsp salt

Sauté bulghur in oil 5 minutes stirring constantly. Add boiling water and salt and simmer 10 minutes.

Variation: Cook minced onions or carrots with bulghur.

**35. Cornmeal Cereal**

1 cup cornmeal  
¼ tsp salt  
3 to 4 cups boiling water  
⅛ tsp oil (optional)

Sauté cornmeal in oil or roast in dry pan. Add salt and boiling water. Cook 30 to 35 minutes or until done.

# Noodles

## 48. Buckwheat Noodles in Soup

- 1 package buckwheat noodles (soba)
- 2 quarts water
- 3 cups cold water

Bring 2 quarts of water to a boil. Add the buckwheat noodles, and when the water boils again add 1 cup of cold water. Do this three times and then remove the noodles from the stove, cover and let sit for 5 minutes. Drain, rinse with cold water and reserve. To reheat when needed, pour boiling water over the noodles, drain and arrange in bowls.

### Soup Stock

- 1 bunch scallions, minced
- 1 tsp oil
- 3 cups water
- 3-inch piece of kombu
- 5 Tbsp soy sauce

Sauté the scallions in oil. Add 3 cups water and kombu. Bring to a boil. Cover and simmer about 15 minutes. Remove kombu and add soy sauce. Bring to a boil, remove from heat. Serve over noodles in bowls.

Variations: Use any soup stock desired, such as recipes 119,120, and 121.

## 49. Soba with Tempura

Prepare Buckwheat Noodles in Soup (48) and arrange shrimp or vegetable tempura on top of the noodles. Sprinkle with chopped raw scallions and Toasted Nori (113).

# Beans and Sea Vegetables

Beans: Beans should be picked over and washed thoroughly. Chickpeas and black beans should be soaked several hours. Cook beans in 2½ to 3 times the amount of water for pressure cooking, 4 times the amount of water for regular cooking. Salt should be added only after cooking; if added in the beginning, the beans do not become tender.

## 102. Azuki Beans, Black Beans, Chickpeas

### A. Pressure Cooked Beans

- ½ cup beans
- 1¼ cup water
- ⅛ to ¼ tsp salt
- ½ to 1½ tsp soy sauce

Place beans and water in pressure cooker. Bring to full pressure and cook 45 minutes. Allow pressure to return to normal. Add salt and soy sauce. Cook slowly until liquid boils off. Adjust seasoning to taste.

### B. Boiled Beans

- ½ cup beans
- 2 cups water
- Kombu
- ¼ tsp salt
- Soy sauce to taste

Bring beans and water to boil with a small piece of kombu and cook over low heat for about 2 hours. Add salt and soy sauce and continue to cook without cover over low heat until liquid boils off.



**126. Vegetable Soup with Flaked Corn**

- 1 onion
- 5 cabbage leaves
- 1 small carrot
- 2 tsp sesame oil
- 5 cups water
- 1 tsp salt
- 2 cups flaked corn
- 1 tsp soy sauce
- 2 tsp sesame butter

Cut onion lengthwise in 8 crescents. Cut carrot diagonally and cabbage in 1-inch squares. Sauté vegetables in 1 teaspoon oil, add 5 cups boiling water and cook for 25 minutes. Sauté the flaked corn in 1 teaspoon oil until transparent. Add salt to soup, then flaked corn and cook until thickened. Add soy sauce and sesame butter and cook 5 minutes. Serves 7.

**127. Vegetable Soup with Fish and Flaked Corn**

- 4 small onions, sliced lengthwise in crescents
- 1 large carrot, sliced diagonally
- 5 cabbage leaves, cut in 1-inch pieces
- 1 cup cauliflower flowerets
- 1 small piece of sea bass, salmon, red snapper, or cod;  
cut in bite-sized pieces
- 1½ tsp oil
- 7 cups boiling water
- 3 cups flaked corn, sautéed in 1 tsp oil
- 1 Tbsp sesame butter
- 1 tsp salt

Sauté vegetables in 1½ teaspoons oil. Add boiling water and salt and cook 20 minutes. Add fish and cook 5 minutes. Add sautéed flaked corn and sesame butter and cook until thickened. Soy sauce may be added to taste.

# Special Dishes

## 173. Chou Farci

- 8 cabbage leaves, whole
- 2 eggs, beaten
- 1 cup buckwheat groats
- 2 cups water
- ½ tsp salt

This is a country dish of the French buckwheat producing region. Mix buckwheat with water and salt. Beat the eggs. Oil a heavy iron casserole. Place a leaf of cabbage on the bottom, pour a layer of buckwheat mixture over this, and then a layer of egg, and top it off with another cabbage leaf. Alternate in this manner making sure to have a cabbage leaf on top. Cover and bake in a moderate oven for 1½ hours. Remove from casserole by inverting over a platter and cut at the table while hot. Or, serve directly from the casserole. Serve with soy sauce.

## 174. Piroshki

- Carrots, slivered
- Onions, cut in thin crescents
- Watercress, chopped
- Other vegetables, as desired
- Oil
- Cooked rice
- Pastry (253)

This is an adaptation of a Polish recipe. Sauté vegetables in a little oil. Add cooked rice and salt and sauté. Form small balls of this mixture with your hands, dipping them first in cold, salted water. Roll out pastry and cut into rounds 3 or 4 inches in diameter. Place one rice and vegetable ball on each round of pastry. Fold over and press edges together with a fork. They should look like half moons. Pan fry in a little oil or deep fry.

Variations: Brush tops of piroshki with beaten egg and bake.

**271. Halvah**

- 1 cup whole wheat pastry flour
- 2 Tbsp raisins
- 2 tsp cinnamon
- 1 apple, chopped
- 2 Tbsp sesame seeds
- 1 Tbsp oil
- ½ tsp salt
- 3½ cups water

Sauté flour in oil in a deep skillet. When flour is slightly browned, put aside to cool. Then add chopped apple, raisins, sesame seeds, water and salt. Cook over low heat for about ½ hour, or until thick. Cover skillet and simmer slowly for ½ hour, mixing occasionally. Add cinnamon. Serve hot or pour mixture into a casserole which has been rinsed in cold water. Refrigerate. Unmold and serve. Serves 6.

**272. Azuki Pudding**

- ½ cup azuki beans
- 2½ cups water
- ⅓ tsp salt
- 1 heaping tsp kuzu

Pressure cook azuki beans in 2½ cups water for 45 minutes. Add salt to taste. Dissolve kuzu in 3 Tbsp cold water and add to beans. Simmer, stirring constantly until thick. Place in wet pan, let cool and refrigerate.

**273. Chestnut Azuki Kanten**

- 1 cup dried chestnuts
- 1 cup azuki beans
- 2 bars kanten
- Water
- Salt

Pressure cook azuki beans and chestnuts together in 5 cups water for 45 minutes. Add ¾ teaspoon salt. Mash, leaving small pieces. Break kanten into small pieces and soak briefly in water until softened. Squeeze out water. Add softened kanten to 3 cups water and ½ teaspoon salt. Bring to boil and cook 20 minutes, uncovered. Add chestnut azuki mixture and cook another 10 minutes without cover to reduce the liquid. Rinse mold or serving dish with cold water. Pour mixture into it. Chill in refrigerator. Cut into serving pieces.