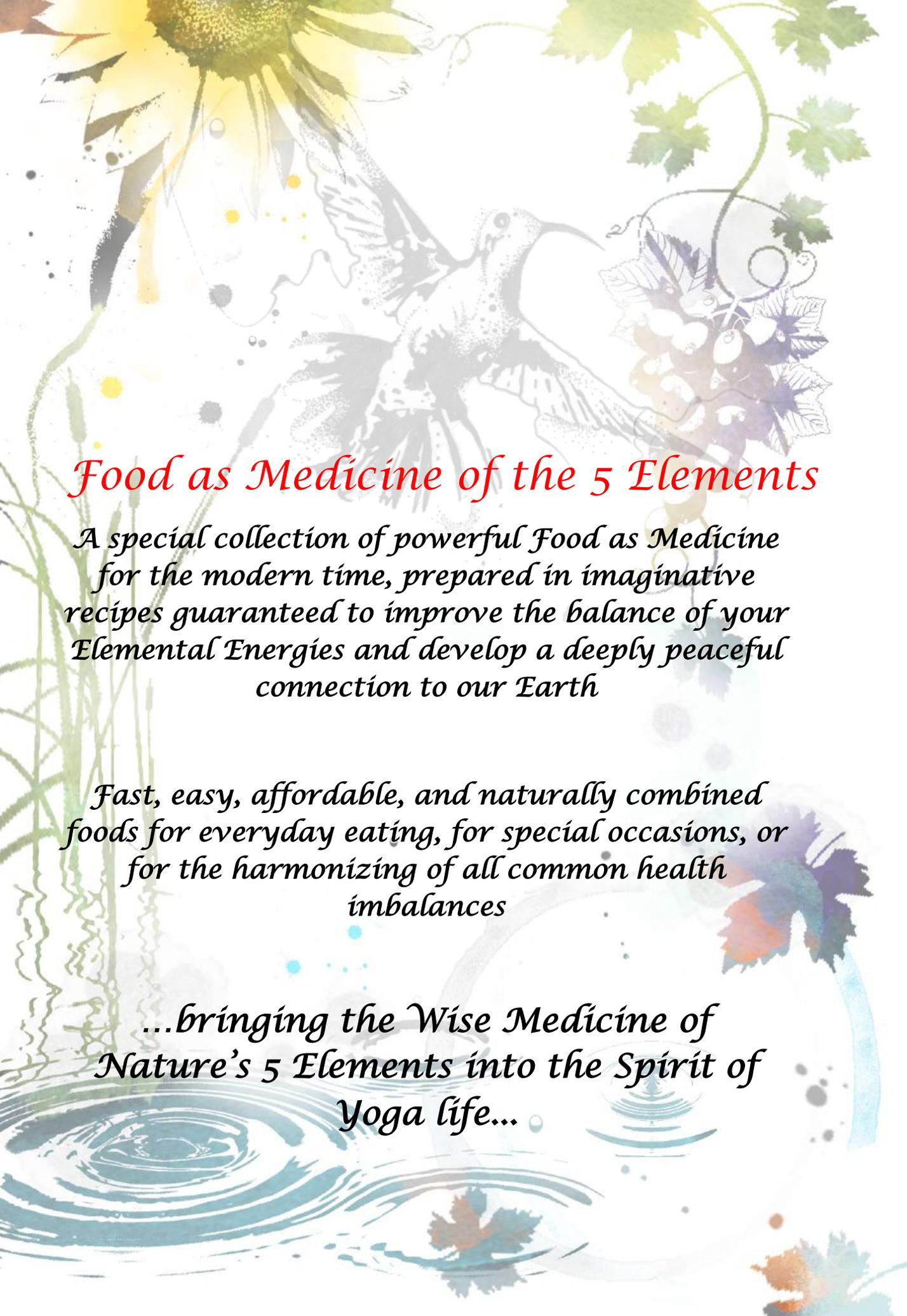


The Elemental Cookbook

*Naturally beautiful Recipes
for
Food as Medicine
of the 5 Elements*

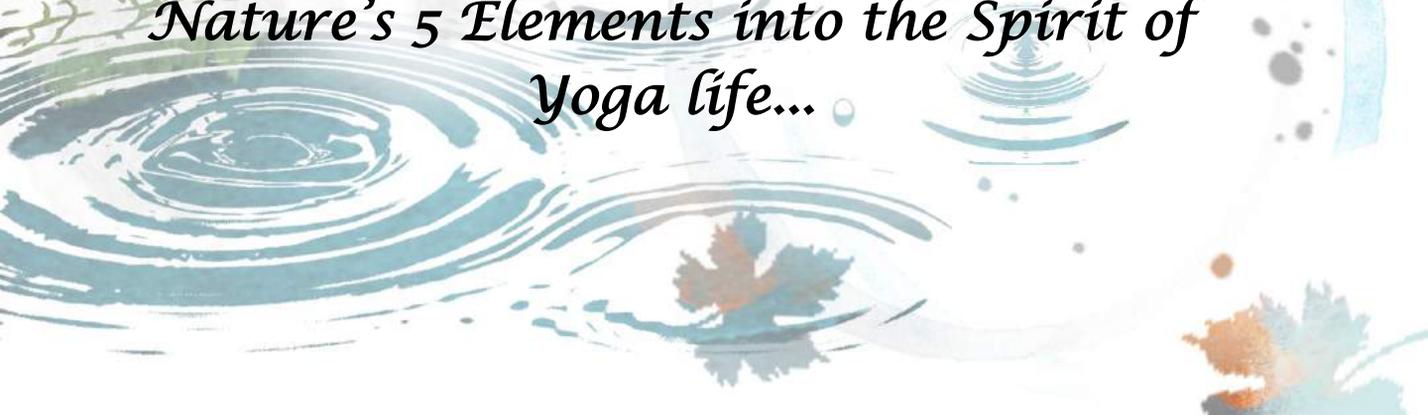


Food as Medicine of the 5 Elements

A special collection of powerful Food as Medicine for the modern time, prepared in imaginative recipes guaranteed to improve the balance of your Elemental Energies and develop a deeply peaceful connection to our Earth

Fast, easy, affordable, and naturally combined foods for everyday eating, for special occasions, or for the harmonizing of all common health imbalances

...bringing the Wise Medicine of Nature's 5 Elements into the Spirit of Yoga life...





About this book

More than just recipes, this book contains the food combinations and resources to create potent healing experiences through nutrition that is combined with Elemental Yoga practices.

To really connect and respect to the source of your nourishment can be as challenging as it is rewarding, and, like a deep Yoga practice, takes time and patience and a will to find a more subtle relationship with your own inner abilities and desires.

After all the shopping and cooking is done, take a moment before you eat to express a gratitude to the source of the energy within your food, remember it is about to form you, to shape you. Eat slowly, chew well and relax around meal times. Shut off all life's distractions and enjoy your food, whether by yourself or with friends and family. This first step will have a profound effect on your wellbeing.

Follow the simple idea that if your ingredients are in Season, then you are in tune, and becoming attuned to the cycles of nature is the next step in creating an alchemical relationship between the needs of your Inner Energies and the Forces of Nature's Elements. The natural resources that we can draw from through Yoga and Diet are abundant, and the outcome is an extraordinary relationship to life itself.

Sharing and preparing food is great fun, finding out about healthy diets and your bodies nutritional needs is really interesting and there is a world of information about it, yet when we become too tight around our ideas and diets, we can lose the very essential nourishment that it holds. Make changes gracefully, and without dogmatic beliefs surrounding you, just experiment and witness your own changes. Once you have found your path, you will be great at helping others find theirs





To make this book become a Food as Medicine guide, just follow this simple idea and you can then modify it to your individual needs as you go. It's designed for people with modern needs living a modern lifestyle.

If you adhere closely to the eating guides, you'll find that you will heal, strengthen and stabilize. It may not be the complete answer to all your health needs but it certainly will be an essential one and will help you find the best course to follow in your self-healing.

But healing is only one aspect of living and as you heal, you will rapidly discover what your needs really are, and you will develop into a healthy and free eating person able to pick and choose what suits you best.

You will be able to make clear and valuable judgements based on your own experience. Your own experience is the true basis of any dietary regime - try things, see how they feel.

The shape of the Climate, the different forms of activity and personal condition are the only guides to follow. Each culture has a foundation of clear and effective nutritional guidelines, grounded in the metaphors of that particular culture.

These are generally Elemental symbols based on the seasons and explain to the individual, in the terms of their own culture, how to best support themselves in their productive communal life.

*May we all be Nourished by the warmth of our
Earth's natural Wisdom*





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SEASONAL ATTUNEMENT

Seasons have a profound effect on us all, and as the environment evolves from one Season to another, so do our bodies responses to energy needs and health risks. So as our activities and bodily needs change with the seasons, and so too should our food.

An important step to great health is to attune ourselves to the Seasons with diet and lifestyle. Connecting to the energy of each Season will help us choose the appropriate foods which we can really gain from if we combine them with preparations that use the appropriate seasonal cooking methods.

In simple form, we can see that intuitively, we eat thick, hearty soups and stews in Winter, and lightly prepared meals with salad in Summer.

The easiest guide is to purchase the vegetables that are least expensive and they will be the ones most likely to be in season. By doing this, we become in harmony with our environment: cooler in Summer and warmer in Winter.

Be flexible, just place emphasis on appropriate cooking methods for the different seasons. For example, because cooking time should be longer in the colder months, cut vegetables thicker in Autumn and Winter than in Spring and Summer, when light sautéing will be more appropriate. Slightly less salt and more water is needed in Summer than in Winter, and we can use pressure cooking and baking more in cold weather, steaming and sautéing more in the warmth.



The Seasons & The 5 Elements

Spring ~ Space

In the first days of Spring, we see how everything is awakening from a long deep sleep. It is the time to be active and awake.

Plants and flowers start to blossom and the colour green is everywhere. The colors and life around make the spirit feel full, so our appetite is less. It is a time to cleanse, fast and allow this new beginning of life to start from a clean space. As we clean, we make room (Space) for the new vision and the new plan comes through without much effort. The energy is expanding and is the beginning of Yang Energy.

To balance ourselves in this season we need to clear the body from all the heavier foods we had during Winter. The Sour taste helps the liver to decongest and gives it new life. Spring is the ideal time for fasting and eating less. A liver and gall bladder cleanse is advisable.

Sprouts are simply ideal to balance the liver and attune with Spring, as they carry the expansive quality of the season. Raw food can be emphasized in Spring but not as an everyday method. Avoid eating too much fats and oily foods, including nuts.

Fasting is not an option for some people, so eating light foods that have cleansing properties is ideal. These are:

- *Wheat and barley grass*
- *Sprouts from alfalfa*
 - *Mung beans*
 - *Sunflower seeds*
 - *Whole wheat*
- *Rye or mustard seeds*

Lots of green foods like: spinach, kale, celery, asparagus, cabbage with a little dip of plum or rice vinegar is ideal.



Medicinal Food to improve the smooth functioning of the energy of the Space Element (Spring)

Add to your diet:

- Daily use of leafy green vegetables
- Any type of Sprouts
- Good quality Oils
- Whole Grains: Rice, rye, buckwheat, wheat

Try to avoid:

- Excess Dairy Products
- Bananas, coconut
- Rich foods
- Oily foods
- Overly spicy foods
- Delicatessen foods
- Fats and oils (especially with Gallbladder conditions)

Food Medicine:

- Leafy green broth: Cook up leafy greens in water & drink the broth only
- Leafy green soups
- Roasted dandelion root coffee

Lifestyle factors:

Fasting on one day of the week consistently over a period of several weeks to cleanse the liver regularly.





Summer ~ Fire

Summer energy is about expressing your full self, and taking the energy of Spring and rising up on its expanding energy. It is time to be creative, expressive, outgoing, to dare and to be yourself. Work with creative projects, travel and play. The outer world is what enriches us in this time of the year. Summer is 'Heart Time', we might find we even fall in love more readily at this time of the year. Be courageous, laugh, even at yourself. Sing, celebrate, dance and play! The energy is rising and is the full expression of Yang

In the summer time, when the heat needs to be tamed, cooling foods such as salads, raw food, fresh fruits and juices, wheat and barley grass, are essential. In the summer time, eating light is the key. Avoid heavy and oily foods. The Digestive Fire in this time of the year is not very strong.

To balance the heat of this season the bitter taste is advisable. Bitter foods will aid the process of removing heat from the system, especially from the heart and arteries.

The following foods are a combination of bitter and other tastes. They will cool down your system and are easy to digest.

- Celery
- Lettuce
- Sprouts
- Cucumber
- Tofu
- Watermelon
- Lemon
- Limes
- Chamomile
- Mung beans





Medicinal Food to improve the smooth functioning of the energy of the Fire Element (Summer)

Add to your diet:

- Bitter greens like endives, rocket, bok choy, choy sum, leafy tops of carrots
- Whole grains: polenta, rice, barley, oats

Try to avoid:

- Coffee and strong teas

Food Medicine:

- Teas:
 - regular bancha, hojicha or mu tea
 - Yannoñ
 - Roasted barley tea
 - Roasted dandelion root coffee

Lifestyle factors:

- Aerobic exercise
- Creative pursuits
- Visualise sunrise: the creation of the day



Harvest (late Summer) ~ Earth



This season is a time of transition between the growth and expansive energies of spring and summer, to the more inward and cooler energies of autumn and winter. It lasts about six weeks. The centering quality of this small seasons brings all the external energy to gather in a Central point. Here on Earth - it's what has long been known as Harvest time, or Indian Summer, a time where traditionally grains were harvested and people would celebrate it with rituals.

The Sweet taste is the one that balances the Harvest Energies (not the processed form). The sweet taste is one of the most misunderstood tastes in our society. We associate sweet with sugar, even worse, refined sugar.

Sweet gives us satisfaction, makes us feel nourished and it balances the spleen. Life should be mainly sweet and so should be our food. A balanced healthy diet should have plenty of grains, pulses, fruits and nuts. All these items are sweet in taste and when properly chewed, give the body a great sense of stability, fullness and satisfaction.

Refined sugar on the other hand has the opposite effect and the only thing that it offers us, is a temporary 'high', followed by a low period. Sugar consumes our own vitamins and minerals to break itself down. In refined sugar 98% of chromium, that is present in sugar cane, is lost. This mineral is vital for keeping the blood sugar level stable.

It is fundamental that we learn how to bring sweetness into our diet without stuffing ourselves with sugar. Judging by the dietary habits we can say that most people do have blood sugar imbalance that is often translated in common symptoms of anxiety, fatigue, irritability, dizziness, insomnia, poor concentration, depression and digestive disturbances.

Foods that balance us during the Harvest season are:

- *All root vegetables, Grains & cereals, Carrots, Beetroots,*
- *Pumpkins, Yams, Sweet potatoes, Peas, Apricots,*
- *Pears, Amaranth, Millet, Corn & Quinoa*



Medicinal Food to improve the smooth functioning of the energy of the Earth Element (Harvest)

Add to your diet:

- Cook with high quality sea salt, tamari or shoyu to bring out the sweetness in your food and aid absorption of nutrients
- Sweet veggies: primarily roundish orange/yellow vegetables like pumpkin, squash, carrot, sweet potato, etc.
- Soups: warming, well cooked and easily digestible food
- Whole grains: rice, millet, polenta, oats, barley, rye.



Try to avoid:

- Sugars and artificial sweeteners (including honey)
- Fruits (raw whole fruits, dried fruits, muesli & muesli bars with fruits or fruit juices)

Food Medicine:

- Half a cup of adzuki beans and pumpkin stew daily for 10 days to nourish the Spleen

Lifestyle factors:

- Chew well and try to sit down to meals. Irregular eating, eating with the mind elsewhere or when emotionally upset, overeating or undereating and eating too quickly all damage the Spleen energy and hence digestive capacity.



Autumn ~ Air

This is the season of big changes. It is the time to start contracting and pulling inward. Letting go of all the summer excesses and experiences, keeping only what is needed. As the trees leave behind their glorious leaves, we also need to leave our external expressions behind, and look to connect more with whatever is going to be useful or beneficial. The energy is contractive and is the beginning of Yin Energy.

To balance the Autumn energies, one need to be friends with the contracting energy of this season. We reach out for foods that will help to clear the lungs and large intestine, so we can access what it is we really need for this season, and what to let go. The Pungent taste is ideal for that matter, as it will help in this clearing process, and at the same time provides warmth. As well as the foods that grow in Autumn, this season's dishes are often a combination of Harvest foods (in the beginning of Autumn) and Winter foods (in the end of Autumn). Autumn foods represent the passage from the expansive phase to the contractive phase. The sour taste can also be used in Autumn to help one engage in this contractive energy.

Pungent foods are most beneficial for the balance of Autumn energy. They clear and protect the lung and the colon.

Pungent foods are:

- *All members of the onion family, especially garlic, turnip, ginger, horseradish, radish, cabbage, kale and daikon.*
- *For rebuilding a healthy mucus membrane, both in the lungs and colon, seaweeds and green vegetables are essential.*
- *Also for the large intestine the intake of fiber is crucial, as fiber, especially from apples, cherries and carrots, play an important role in eliminating cholesterol from the digestive track.*





*Medicinal Food to improve the smooth functioning of
the energy of the Air Element (Autumn)*

Add to your diet:

- Root veggies, primarily white or downward growing vegetables like parsnips, radish, daikon, ginger, carrots

Whole Grains like rice, barley & oats.



Try to avoid:

- Bread and all other baked flour products

- Excess dairy products

- Smoking



Food Medicine:

- Soup for breakfast and nothing else until 12 noon - preferably miso soup

- Kuzu drink before each meal

- Ginger tea

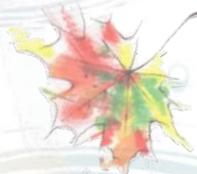
- Lotus root tea



Lifestyle factors:

- Chew, chew, chew

- learn to breathe out fully and to let go



Winter ~ Water

Winter represents the end of the cycle. It is a time to look for peace through stillness and to allow everything to distill. It is a time to store energy, to be warm and cozy. It is a time for nurturing the body and spirit, to meditate deeply and contemplate. At this time of the year we need to find a good balance between deep stillness and having just enough activity to keep the body flexible. The energy is distilling and is the full expression of Yin Energy.

Connecting to the Salty taste is the place to start if we want to balance the Winter energy. This is because of the effect that the salty taste has in the body - one of sinking and distilling, which is fundamental for the wintertime. The salty taste in the body allows us to store energy deep in the body. Salt, just like sugar, is a powerful substance that also has been overused. Good quality salt is essential to the body but a delicate balance is needed to determine what is enough. Excess salt interferes with the absorption of nutrients and depletes calcium, whereas appropriate salt quantity facilitates calcium absorption and nutrient balance. The key is balance! Refined salt, like refined sugar or refined flour, should simply be tossed out of your shelves, so try to use rock salt or unrefined sea salt. Salt is not white, normally it has a greyish appearance or pink if it's rock salt.

When we look at balancing the winter energy, we are looking for foods that have the ability to enhance the function of the kidneys, by stimulating their activity. These are:

- Millet, barley, quinoa, tofu, black beans, soya beans, mung beans and its sprouts, kidney beans, seaweeds, spirulina, black sesame seeds, soy sauce, miso, pickles and umeboshi.

We also look for foods that provide some warming action, indispensable to nurture the kidneys in Winter. These are mainly spices like:

- Cloves, fenugreek seeds, anise seeds, black pepper, dried ginger, cinnamon, and other foods like walnuts, onions, leeks and chives.



Medicinal Food to improve the smooth functioning of the energy of the Water Element (Winter)

Add to your diet:

- Regular use of seaweeds
- Hearty winter casseroles and stews - lots of root veggies and salty flavours
- Beans/pulses
- Whole grains: rice, buckwheat (great in winter), barley & oats

Try to avoid:

- Bad quality salt, especially table salt
- Alcohol and other stimulants like coffee and tea
- Eating large meals late at night
- Eggs, red meat

Food Medicine:

- Half a cup (3 tablespoons, 3 times a day) of adzuki beans and pumpkin stew daily for 10 days to nourish the kidneys and spleen/pancreas meridian
- Miso soup each evening as starter - sit for a while and wait and see if you need anything. Try having just the miso soup and nothing else.

Lifestyle factors:

- Sleep before 10 pm in the winter and before 11 pm in the summer
- Walking is great, especially barefoot on the grass in the early morning for 10 minutes.



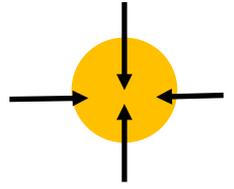


Fire



Heat
Bitter

Raw and Green Foods
Cooked on high temperature for a short time



Earth

Seasonal Attunement
Pungent

Seasonal Attunement:
Pungent

Space

Wind
Sour

Sprouted
and Liquid
Foods

Light Steam
and Quick
Sautees

Seasonal
Attunement

Pungent



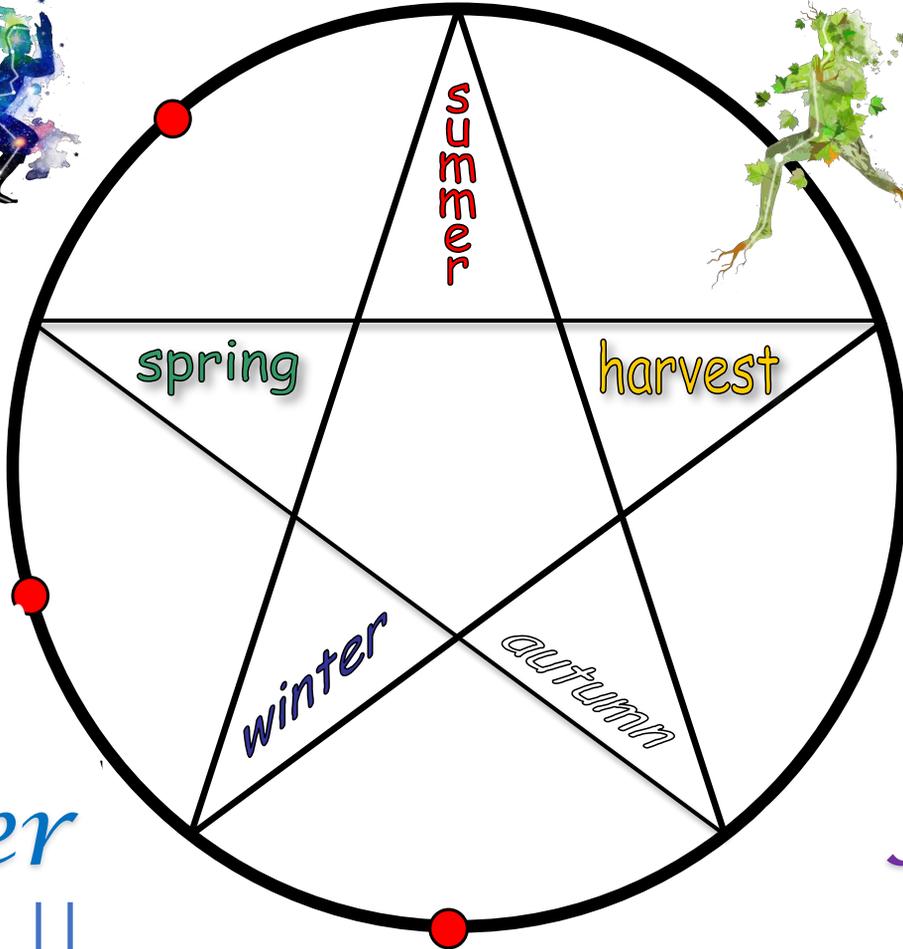
Damp
Sweet

Simple &
Mild Foods

Harmonious
& Uniform
Preparation

Seasonal
Attunement

Sweet



spring

harvest

winter

autumn

SEASONS

Water

Cold
Salty

Baked and Stewed
Foods

Cooked Longer at Low
temperatures. Oven
baked

Seasonal
Attunement
Sour



Air

Dry
Pungent

Baked and Sauteed
Foods

Cooked slowly and
with low heat

Seasonal
Attunement

Sour and Bitter



YIN & YANG

To really connect with the Taoist philosophy of Yin and Yang is to discover the art of allowing opposites to enjoy complimentary relationships within our directions in life., Despite the apparent Black and White image of its symbol, its to learn to see all things in shades and degrees, co-dependent in the polarity that separates them.

If Yang represents the external active world of warmth and outward expression, and Yin the internal passive world of coolness and silent reflection, viewing energies through the philosophy of Yin and Yang, we are asked to consider that there are degrees of each world contained within the other. That all polarities are derived a from common unchanging unified source and that we are all created as an expression of this energy.

There is great freedom in this concept, and as with all valuable freedoms, comes great responsibility. Your nourishment goes way beyond food, it lies in the very nature of your reflections and actions here in your lifetime. Through a good healthy conscious diet that balances Yin and Yang energies, a platform for being able to choose right action and allow true reflection is built within the Subtle Body - one that will enable you to discover rare and valuable aspects of the human experience.

Like all things, there is a lot you can say about this ancient oriental wisdom, yet like most things of purpose, the less we say and the more we feel, the closer we become to the teachings they reveal.



Yin & Yang Food Chart

Most Yang
 Table Salt
 Pork
 Beef
 Eggs
 Hard/salty
 Cheeses
 Drugs

Very Yang
 Poultry
 Amphibians
 Shellfish
 Red Meat
 Fish:
 Tuna
 Salmon
 Swordfish

Moderate Yang
 White meat

Slightly Yang
 Cooked Whole Grains:
 Rice
 Barley
 Millet
 Wheat
 Oats
 Rye
 Buckwheat
 Quinoa
 Amaranth
 Azuki
 Carrots
 Parsnips
 Daikon
 Burdock
 Rutabaga
 Turnips
 Olive Oil

Slightly Yin
 Onions
 Red Radish
 Lotus Root
 Cauliflower
 Broccoli
 Brussel Sprouts
 Cabbage
 Squash
 Kale
 Collards
 Mustard
 Greens
 Bok Choy
 Nappa
 Leeks

Moderate Yin
 Lentils
 Black Beans
 Chickpeas
 Cucumber & Celery
 Sprouts
 Peas
 Green Beans
 Summer Squash
 Mushrooms
 Whole Grain Noodles
 Tofu & Tempeh
 Parsley
 Beets
 Apples & Pears
 Peaches & Plums
 Strawberries
 Canteloupe
 Apricots
 Watermelon
 Grapes
 Oranges
 Lemons
 Almonds
 Walnuts

Very Yin
 White Breads
 Pastas & Pastries
 Tomato
 Eggplant
 Grapefruit
 Banana
 Pineapple
 Peppers
 Spinach
 Spices
 Honey
 Maple Syrup
 Cashews
 Soft Cheeses
 Cream
 Yoghurt
 Butter

Most Yin
 White Sugar
 Alcohol
 Nicotine
 Caffeine
 Artificial Sweeteners
 Preservatives
 Marijuana
 Cocaine
 Heroin
 Amphetamines
 Pain Killers
 Tranquilizers

ACID & ALKALINE

ACID AND ALKALINE

The human blood pH should be slightly alkaline, around 7.35 to 7.45. A pH level below or above this range, means that the internal environment of the body is more prone to disease.

An acidic pH can occur from an acid forming diet, emotional stress, toxic overload, and immune reactions or any process that deprives the cells of oxygen and other nutrients. The body will try to compensate for acidic pH by using its own alkaline minerals. If the diet does not contain enough minerals to compensate, a buildup of acids in the cells will occur. Our body will seek out the minerals it needs from other stores and resources within us, and if left unbalanced, eventually depleting other tissues, bodily functions and systems, such as digestion, lymph and cardiovascular.

An acidic internal environment will decrease the body's ability to absorb minerals and other nutrients, decrease the energy production in the cells, decrease its ability to repair damaged cells, decrease its ability to detoxify heavy metals, allows tumor cells to thrive, and make it more susceptible to fatigue and other illnesses.

To help our bodies to maintain an alkaline balance we can simply nourish ourselves with alkaline food and drink, and to live an alkaline producing lifestyle with regular exercise, lots of sunlight, lots of laughter and to avoid stress and emotional addictions.

To maintain health our diets should consist of approximately 60% alkaline forming foods and 40% acid forming foods. When there are imbalances causing health problems, we can eat with 80% alkaline forming foods and 20% acid forming foods. Both acid and alkaline are necessary for balance.



Extremely Alkaline

Lemons & Watermelon rules!!!



Alkaline Forming

Cantaloupe, cayenne celery, dates, figs, kelp, limes, mango, melons, papaya, parsley, seaweeds, seedless grapes (sweet), watercress

Asparagus, fruit juices, grapes (sweet), kiwifruit, passion fruit, pears (sweet), pineapple, raisins, umeboshi plums, and vegetable juices

Moderately Alkaline

Apples (sweet), alfalfa sprouts, apricots, avocados, bananas (ripe), currants, dates, figs (fresh), garlic, grapefruit, grapes (less sweet), guavas, herbs (leafy green), lettuce (leafy green), nectarine, peaches (sweet), pears (less sweet), peas (fresh, sweet), pumpkin (sweet), sea salt (vegetable)

Apples (sour), beans (fresh, green), beets, bell peppers, broccoli, cabbage, carob, cauliflower, ginger (fresh), grapes (sour), lettuce (pale green), oranges, peaches (less sweet), peas (less sweet), potatoes (with skin), pumpkin (less sweet), raspberries, strawberries, squash, sweet Corn (fresh), turnip, vinegar (apple cider)

Slightly Alkaline

Almonds, artichokes (Jerusalem), brussel sprouts, cherries, coconut (fresh), cucumbers, eggplant, honey (raw), leeks, mushrooms, okra, olives (ripe), onions, pickles (homemade), radishes, sea salt, spices, tomatoes (sweet), vinegar (sweet brown rice)

Chestnuts (dry, roasted), egg yolks (soft cooked), goat's milk and whey (raw), mayonnaise (homemade), olive oil, sesame seeds (whole), soy beans (dry), soy cheese, soy milk, sprouted grains, tofu, tomatoes (less sweet), and yeast (nutritional flakes)



Neutral

Butter (fresh, unsalted), cream (fresh, raw), cow's milk and whey (raw), margarine, oils (except olive), and yogurt (plain)

Moderately Acidic

Bananas (green), barley (rye), blueberries, bran, butter, cereals (unrefined), cheeses, crackers (unrefined rye, rice and wheat), cranberries, dried beans (mung, adzuki, pinto, kidney, garbanzo), dry coconut, egg whites, eggs whole (cooked hard), fructose, goat's milk (homogenized), honey (pasteurized), ketchup, maple syrup (unprocessed), milk (homogenized)

Molasses (unsulfured and organic), most nuts, mustard, oats (rye, organic), olives (pickled), pasta (whole grain), pastry (whole grain and honey), plums, popcorn (with salt and/or butter), potatoes, prunes, rice (basmati and brown), seeds (pumpkin, sunflower), soy sauce, and wheat bread (sprouted organic)



Extremely Acidic

Artificial sweeteners, beef, beer, breads, brown sugar, carbonated soft drinks, cereals (refined), chocolate, cigarettes and tobacco, coffee, cream of wheat (unrefined), custard (with white sugar), deer, drugs, fish, flour (white, wheat), fruit juices with sugar, jams, jellies, lamb

Liquor, maple syrup (processed), molasses (sulfured), pasta (white), pastries and cakes from white flour, pickles (commercial), pork, poultry, seafood, sugar (white), table salt (refined and iodized), tea (black), white bread, white vinegar (processed), whole wheat foods, wine, and yogurt (sweetened)

NUTRITION IN YOUR FOOD

The following is a list of nutrients and foods which contain them.

This list has been included mainly to reassure anybody who is concerned about these details, although it is hoped that you will not become caught up with this. What is more important is the care you take with the preparation and enjoyment of your food.

As you can see, with just a few basic ingredients, your nutrition will take care of itself, as it has done for every stable culture in history, and is still doing so. Even today, the majority of the world's population lives with a way of eating which uses whole grains as a staple food.

A well rounded meal consists of roughly:

- 40% grain
- 10% beans or legumes
- 10% cooked fruits, nuts etc.
- 30% vegetables
- 10% soup or salads



A balanced diet of grains, beans, fresh vegetables, seeds and occasional fruits in season, provides all the essential nutrients.



****Note about Vitamin C:** although vitamin C is destroyed by heat, it can withstand 10 minutes of simmering, and certainly light roasting as for nori seaweed and bancha tea. Pro-vitamin C is also found in the covering of rice and other cereals, from which our bodies can synthesize Vitamin C. This is resistant to 150 Celsius.*

Carbohydrates

Wholegrains, wholemeal bread, oats, beans, lentils, cereals & wholewheat pasta, vegetables & nuts

Fiber

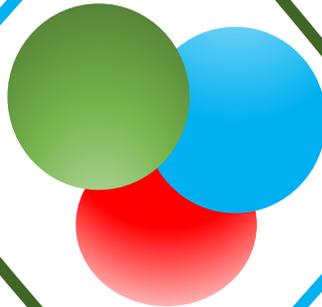
Fruits, vegetables, beans, lentils, wholegrains, nuts seeds & green leafy vegetables

Proteins

Whole grains, beans, lentils, beansprouts, tofu, miso, shoyu, soya milk, nuts & seeds

Fats & Oils

Unrefined oils: Sesame oil, olive oil, flax seed oil, pumpkin seed oil, chia seed oil, ghee, avocados, green leafy vegetables, nuts & seeds



Vitamins

The infographic features a central blue and red hexagon labeled 'Vitamins'. It is surrounded by seven green circular nodes, each representing a different vitamin. Lines connect these nodes to the central hub. The nodes are: Vitamin A (top left), Vitamin K (top right), Vitamin F (far right), Vitamin E (middle right), Vitamin B (bottom right), Vitamin D (bottom center), and Vitamin C (bottom left). A butterfly is illustrated on the left side of the diagram.

A

Green leafy vegetables, dandelion greens, beans, carrots, parsley, kale, lettuce, watercress, radish, greens, cabbage, pumpkin, cauliflower, wheat, chickpeas, spinach, red peppers, dried apricots & mangos

K

Green leafy vegetables, brown rice, kelp, lettuce, broccoli, peas, alfalfa & lentils

F

Vegetable oils, olive & sesame oil

D

Sunlight, cereal grains, oats, wheat & barley grass, vegetables & their oils

E

Olive oil, tomatoes, avocado, apples, carrots, nuts, seeds & wholegrains, beans & green leafy vegetables

C

Green leafy vegetables, broccoli, parsley, peas, watercress, cabbage, beets, carrot tops, lettuce, onion, dandelion, radish leaf, skin of apples, strawberries, oranges, blackcurrants, cranberries, kiwis, nori & bancha tea

B

Beansprouts, avocado, brown rice, whole wheat, rye, millet, tofu, sunflower & sesame seeds, nuts, bananas, oranges, beans, lentils & green leafy vegetables

D

Sunlight, cereal grains, oats, wheat & barley grass, vegetables & their oils

B12: soya, yeast extract, tempeh, miso, shiitake mushrooms & vegetable leaves (parsley & turnip)

Minerals

Calcium

Almonds, green leafy vegetables, watercress, broccoli, tofu, soya milk, sesame seeds, seaweeds, nuts, sunflower seeds & bancha tea

Iron

Broccoli, seaweeds, sesame seeds, green leafy vegetables, beans, lentils, tofu, pumpkin, millet, dried fruits, brown rice

Iodine

Seaweeds, sea salt, green leafy vegetables, asparagus, kelp & spirulina

Sodium

Seaweeds, green leafy vegetables

Selenium, phosphorus & potassium

Whole grains, seaweeds, nuts, beans, dried fruits, chickpeas, yeast extract, strawberries, bananas, tomatoes & vegetables

Magnesium

Green leafy vegetables, wholegrains, avocados, bananas, apricots, apples, cashew nuts, almonds, seaweeds, soya bean products & lentils

Zinc

Green leafy vegetables, pumpkin seeds, sesame seeds, lentils, tofu, almonds & wholegrains

THE GRAINS

Buckwheat

can be eaten with noodles as a cereal, or as a stuffing for cabbage rolls, etc., in place of meat. It is good food for very cold weather as it produces heat quickly. In warm weather, it is best eaten in the evening. Buckwheat is rich in Vitamin E and is a good blood-building food, and beneficial for the kidneys. Eat sparingly in moderate weather, mixed with other grains.

Millet

is the only alkaline grain; good for people with acidosis. High in protein and especially beneficial for spleen, stomach and kidneys. Delicious in croquettes, casseroles and soups.

Whole short grain brown rice

is the best food for daily consumption. It is the grain richest in the B-complex vitamins and easiest to digest. Brown rice is beneficial for the nervous system and brain, and good for people with allergies. The germ of brown rice contains phytin acid, which helps to expel poisons from the body. Brown rice is the most balanced food and provides stability.

Whole wheat flour

*is the basic ingredient in home-baked bread. Wheat can be made into morning cereals and pancakes, and other products such as **bourghul** or **couscous**. Wheat is the grain richest in protein and gluten. It is beneficial for the liver, and from ancient times has been acknowledged as food for thinking. Delicious in soups and stews.*

Rye

is excellent as an ingredient in breads and morning cereals. Rye is similar to wheat, but lower in gluten. Both rye and wheat are good for providing muscle power and endurance.





Oats

Oatmeal is best made from fresh steel-cut oats or whole oats soaked overnight. Oat flakes or rolled oats are excellent in soups, biscuits, pastries and desserts. Oats are high in fats, and good for people with a slow thyroid gland. People who have much stored protein tolerate oatmeal better than other porridges.

Barley

Barley is excellent in soups or served with vegetables. Ground barley can be made into a delicious morning cereal. Next to rice, barley is the easiest grain to digest. It is the secondary grain of many cultures. Also used in making miso and mugli tea

Corn

Corn meal and flour are good used in bread or made into polenta. Fresh corn on the cob is a delightful summer vegetable. Corn is a good cooling grain for warm weather, excellent for blood building and providing energy. Corn is the sweetest grain, from which the body easily extracts the grain sugar. Good food for the heart.

Bourghul

It is steamed and cracked wheat



WHOLEFOOD RECIPES

Cooking grains



When cooking rice and other grains, please accept that time plays an important role in its preparation. Cooking grains correctly is essential. Cooking actually changes the quality of food.

This is achieved by using the particular qualities of heat, time, salt and sometimes, pressure. By applying these elements, the food is adapted until it becomes the most acceptable form to nourish our blood, and therefore build our bodies.

In effect, cooking is the beginning of our involvement in the digestion of food. Chewing, once more changing the quality of the food, is a fundamental and extremely important change.

Rest assured then, that the time and any effort involved will be returned to you. You will need to count on about one hour of cooking time for rice, and a little less for other grains. By attending to the grains first they will be ready by the time your meal is complete. If inconvenient, cook a large batch when you do have the time, and keep this covered in the fridge for later use. Grains can easily be reheated by steaming, frying, using in pies, soups, etc.

If you like, try substituting other grains in the recipes, or perhaps a combination of one meal. For example, half rice, half millet or wheat - remembering to prepare different grains appropriately.

Rice - basic:

Always wash the rice until the water is clean, to remove any chemicals that may have been used in storing.

*When **pressure-cooking** the rice, use 1 cup of rice to 1 ¼ cups water, ¼ teaspoon of sea salt, and an umeboshi plum (this will neutralize, and aid your body in discharging toxins). Place the cooker over high heat, and when full pressure has been reached, turn heat down to low, slip a heat diffuser under the cooker and cook for 50 minutes. Count cooking time from when you turn the heat down low. At the end of cooking, place the cooker in the sink and run a gentle stream of cold water over the lid, to bring the pressure down. Then, removing the lid, gently mix the rice, replace the lid and allow to settle for a few minutes before serving. The rice should be slightly scorched and just starting to stick to the bottom of the pan.*

The amount of water may differ slightly depending on whether you use gas or electricity, and what type of pot you use. It will be between 1-1 ½ cups of water to 1 cup rice, and 45-55 minutes cooking time.

*When **boiling** the rice, use 1 cup of rice to 2 cups of water, ¼ teaspoon sea salt or less, and an umeboshi plum. Place covered saucepan over high heat until boiling point, turn heat down to low, slip a heat diffuser under the pot and simmer for 1 hour, until all the moisture is absorbed and the rice is just sticking to the bottom of the pot. Mix the rice gently and allow to settle before serving.*

***N.B.** Always cook grains covered securely with a lid, and do not stir the grains during cooking. Mix gently at the end of cooking.*

*To **bake** rice, after washing, dry roast it in a hot skillet until golden brown. Gently move the pan so that the rice is evenly browned. Pay attention so that it does not burn. Place 2 cups of roasted rice in a casserole dish with sea salt and an umeboshi plum, 4 ½ to 5 cups of boiling water, and cover. Bake at 190° for 50 to 60 minutes.*

***Variation 1:** add 2 tablespoons of dry-roasted, sesame seeds before cooking. **Variation 2:** Boil or roast a few chestnuts until tender. If using dried, pre-soak first. Combine the tender chestnuts with the rice, cook as for basic rice in proportions of 1:5 chestnuts to rice.*



Barley - Basic:

Using 1 cup of washed barley to 3 cups of water, and about ¼ teaspoon of sea salt, and umeboshi plum. Combine the ingredients and bring rapidly to a boil over high heat. Slip a heat diffuser under the pot, turn the heat to low, simmer for 30 to 40 minutes. Always cook grains covered. Proceed as above with rice.

***Variation:** Dry roast barley first.*

Bourghul (also known as bulgur)

Heat a heavy saucepan with 2-3 tablespoons of cold-pressed oil (safflower, sunflower, corn or sesame). Sauté the bourghul over medium heat, constantly stirring, for 3-5 minutes. Stir in boiling water, season with ¼ teaspoon sea salt, and cover. Slip a heat diffuser under pan, turn heat to low, and simmer for 15 mins, covered. Remove from heat, stir gently, and let settle for a few minutes before serving. Delicious served with a sauce of carrot and onion, dash of curry powder, and garnished with parsley. Try it with any sauce you prefer.

Millet - Basic:

*Heat a heavy saucepan and coat with 1 teaspoon of cold-pressed oil. Sauté 1 cup of washed millet over medium heat, stirring constantly until lightly browned and fragrant. Remove pan from heat and allow to cool, then gradually stir in 4 cups water. Add about ¼ teaspoon sea salt and bring rapidly to the boil. Turn down heat, cover and simmer over a heat diffuser for 30 to 45 minutes until all the water has been absorbed (as for rice). Stir gently and let stand for 5 minutes before serving. Use **hulled** millet.*

Variation: *Millet can also be dry-roasted instead of sautéing if preferred. For added sweetness, stir ¼ cup sautéed onions (diced) into grain and simmer together.*

Buckwheat - Basic:

Dry roast 1 cup buckwheat (always buy raw buckwheat) and add to 2 ½ to 3 cups boiling, salted water. Lower flame, cover pot tightly and simmer for 15 to 30 minutes or until fluffy. Sautéed onions are nice mixed into the cooked buckwheat. Buckwheat is the only grain which is added to the water after boiling. Being a very strong grain use buckwheat in cold weather, otherwise sparingly, perhaps mixed with rice.





Oat - Porridge:

*Whenever using oats in any form - whole, steel-cut, or rolled - dry roast them first, to rid them of the bitter taste. If using whole oats, or steel-cut oats, soak them overnight, after roasting and washing. If using rolled oats, dry-roast **then** wash them.*

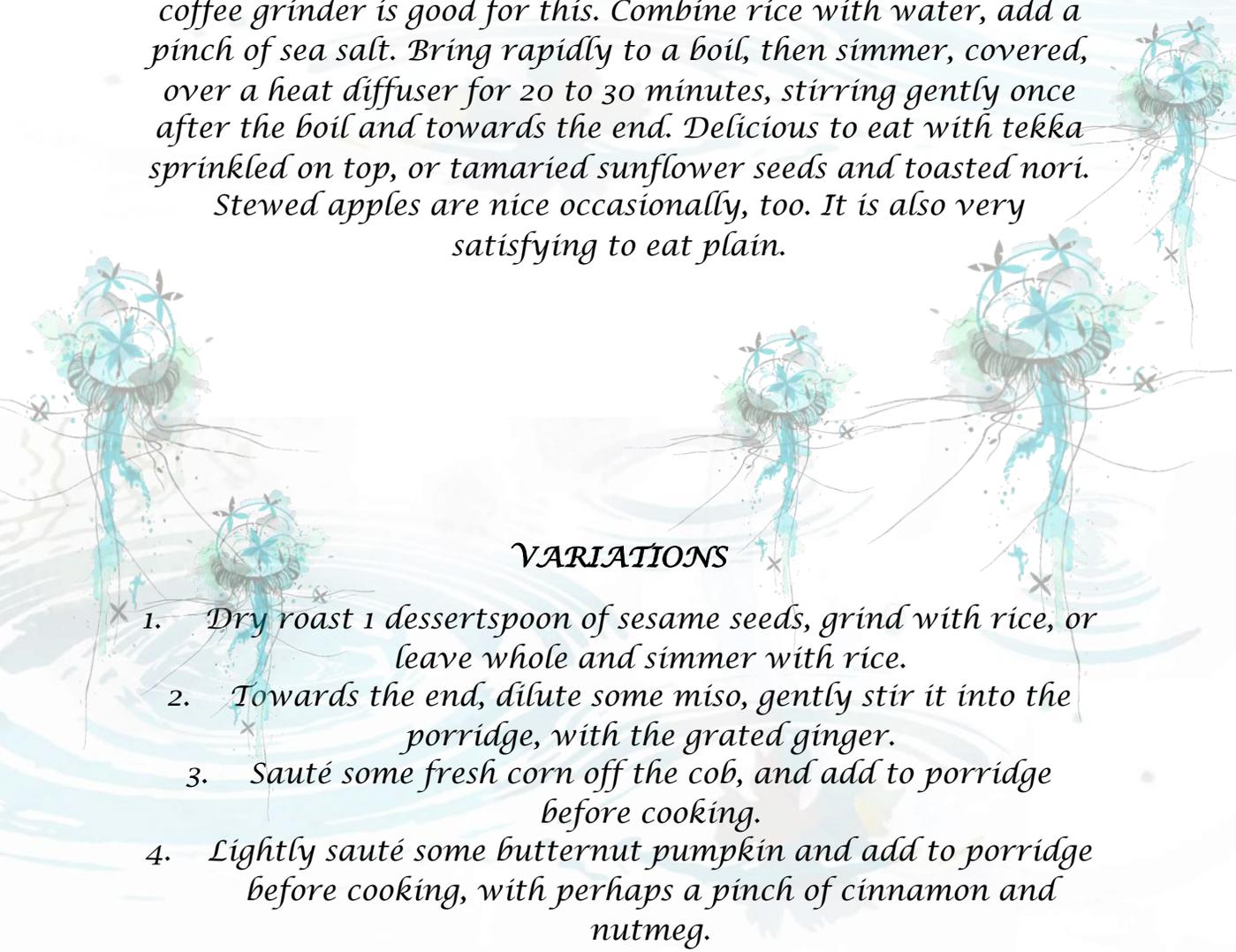
Add 1 cup rolled oats to 2 to 3 cups water, pinch of sea salt. Bring rapidly to boil, turn down flame to low and simmer over a heat diffuser for about 30 minutes, or longer if you want creamier oats. Try with apple sauce. Alternatively, dry roast oats in frypan, add water to cover, tamari and grated ginger. Cover and simmer for 15-30 minutes.



Brown rice porridge and other grains:

You will be using 1 part rice to 4 parts water. Dry roast washed brown rice until golden brown. ½ cup of rice is ample for two people. Roughly grind the rice (not fine like flour). A small coffee grinder is good for this. Combine rice with water, add a pinch of sea salt. Bring rapidly to a boil, then simmer, covered, over a heat diffuser for 20 to 30 minutes, stirring gently once after the boil and towards the end. Delicious to eat with tekka sprinkled on top, or tamaried sunflower seeds and toasted nori.

Stewed apples are nice occasionally, too. It is also very satisfying to eat plain.



VARIATIONS

- 1. Dry roast 1 dessertspoon of sesame seeds, grind with rice, or leave whole and simmer with rice.*
- 2. Towards the end, dilute some miso, gently stir it into the porridge, with the grated ginger.*
- 3. Sauté some fresh corn off the cob, and add to porridge before cooking.*
- 4. Lightly sauté some butternut pumpkin and add to porridge before cooking, with perhaps a pinch of cinnamon and nutmeg.*

GRAIN RECIPES

Serve recipes in combination if desired

DEEP FRIED RICE BALLS

Note: *When shaping patties of any kind, dip hands in cold water, to prevent sticking.*

Take some freshly cooked rice. Allow to stand in a warm place for about $\frac{3}{4}$ hour. Roll into balls the size of a golf ball, pressing until the rice is firmly packed together. Put in the refrigerator to set, 1 hour. Heat oil (enough to come half way up the side of a rice ball) until very hot, and fry each ball until golden and crisp. Drain well, and serve with sauce made from $\frac{1}{2}$ tamari, $\frac{1}{2}$ boiling water and a little grated ginger. Dip balls into the sauce.

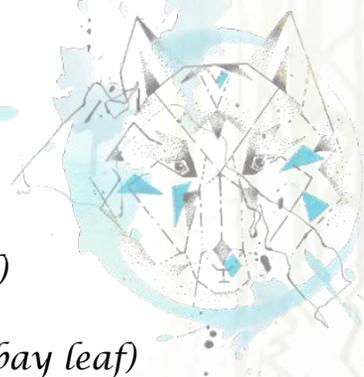
Variation: *Try making these combined with small proportion of other grains e.g. wheat, buckwheat. Perhaps roll balls in roasted ground sesame or sunflower seeds before setting in fridge and deep frying.*

SAVOURY RICE (Serves 4)

Ingredients

- 3 cups cooked brown rice
- 2 cloves garlic (minced)
- $\frac{1}{2}$ cup roasted sunflower seeds
 - oil as needed
- 1-2 cups chopped veggies
- 1 medium onion (finely chopped)
 - 2 tablespoons tamari
- $\frac{3}{4}$ cup chickpeas (already cooked, with bay leaf)

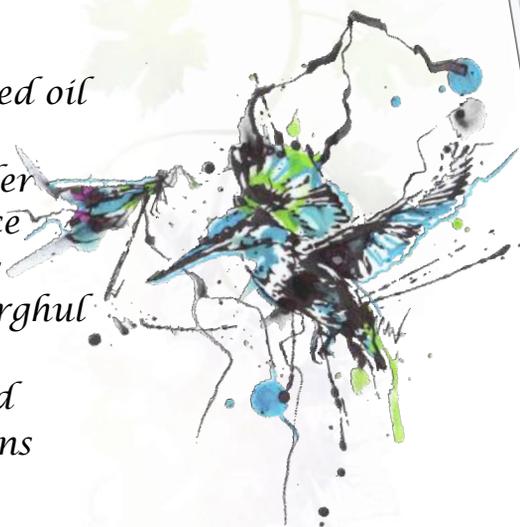
METHOD - *Oil a wok, or large frying pan. Sauté onion and garlic until golden brown. Put aside and lightly sauté rest of the vegetables (can include shitake mushrooms, carrots, celery, bamboo shoots, sprouts, etc.). Do not overcook. Stir the rice into the vegetables. Mix tamari equally with water and pour through. When the rice is hot, stir in the cooked chickpeas (with bay leaf removed). Serve garnished with chopped shallots and sprinkle seeds on top.*



SONG OF INDIA RICE

Ingredients

- 1-2 tablespoons of cold-pressed oil
 - 1 sliced onion
- 1 tablespoon curry powder
- 3 cups cooked brown rice
- ½ cup fresh green peas
- 2 tablespoons of soaked bourghul
 - ¼ cup arame, soaked
 - 1 apple, cored and sliced
 - ½ cup cashews and raisins



METHOD – Sauté onion until golden brown. Add and sauté curry powder and arame seaweed. Add and sauté peas, cashews, raisins and apple until soft. Add a mixture of water, tamari and grated ginger to prevent sticking. Combine with rice and wheat, then add to pan, mix well. Serve garnished with parsley.

Variations

1. Add ½ teaspoon of coriander seeds.
2. Omit curry, and add 1 cup shredded cabbage and 1 teaspoon caraway seeds.

RICE and BARLEY with CAULIFLOWER SAUCE

Grain Ingredients: Rice & Barley

Sauce ingredients

- 1-2 tablespoons of oil, 1 cup wholemeal flour, 3 ½ cups water
- pinch of sea salt, half head of cauliflower, tamari, grated ginger

METHOD – Wash grains separately and cook together as for basic grains. Dry roast flour and set aside, allow to cool. Cut cauliflower into flowerets, sauté with a pinch of sea salt. Add water to flour, stirring gently all the time. Add cauliflower and tamari to taste. Pour over rice and barley. Serve garnished with grated ginger and chopped shallots.

GOMUKU RICE

Prepare a small amount of onion, carrot, leek, parsley, garlic in Nituke fashion (first method [this is simple, and detailed later in vegetable recipes]). Mix with freshly cooked rice.

FRIED RICE with CARROTS and SESAME SEEDS

Ingredients

- 1 heaped tablespoon of washed sesame seeds
- 1 tablespoon of cold pressed corn oil
 - 1 small carrot, slivered
- ¼ teaspoon of sea salt, or 1 teaspoon of shoyu (tamari)
 - 4 cups cooked brown rice
 - 1-2 teaspoons of minced parsley

METHOD - Dry roast sesame seeds until golden, over medium heat. Remove from heat and set aside. If necessary, reheat the skillet and coat with 1 teaspoon of oil. Sauté the carrot slivers over medium heat for 2-3 minutes, stirring constantly to coat evenly with oil. Season with sea salt or shoyu, stir in the sesame seeds and turn off heat. Heat another skillet and coat with remaining 1 tablespoon of oil. Add rice and sauté over medium heat 1-2 minutes. Mix in the carrot and sesame seeds, cover the pan and reduce heat to low. Simmer for 20 minutes over a heat diffuser, add a little water if necessary. Uncover and simmer 2-3 minutes more. Serve garnished with parsley.



BARLEY STEW

Cook ½ cup barley with a piece of kombu (chopped) and a bay leaf. When cooked, add chunky sliced onion, pre-soaked shitake mushrooms, chunks of pumpkin and carrot. Lay the vegetables on top of the barley. Add water to cover and a pinch of sea salt. Simmer, covered, over a heat diffuser, for 1-1 ½ hours. Season with tamari to taste. Garnish with chopped parsley and serve.

MILLET CASSEROLE

Ingredients

- 1 cup hulled millet, washed and dry-roasted
 - 3 cups boiling water
 - 1 medium carrot, thickly sliced
 - bitesize pumpkin pieces
 - chopped shallots
 - 1 bay leaf, oil for sautéing
 - 1 medium onion, chopped chunky
- ¼ teaspoon of sea salt, 2 tablespoons of tamari
- ½ cup of mixture tamari, water and grated ginger



METHOD - Preheat oven to 250°C. Sauté onion until golden brown, if desired sauté carrot and pumpkin, also. Except for shallots and tamari mixture, combine all ingredients in a casserole dish and bake at 250°C for 1 hour. At the end of cooking remove the lid, and if too dry, pour tamari mixture through. Gently mix through the shallots or parsley. Serve.

Variations

- <T> Lightly sauté 2-3 tablespoons of pre-soaked hijiki seaweed and add to casserole.
- <T> Add ½ cup of roasted sunflower seeds, before baking.

BUCKWHEAT LOAF

Ingredients

- 2 cups cooked buckwheat
- 2 cups cooked brown rice
- 3 cups steamed, diced vegetables
- flour or béchamel sauce
 - tamari to taste
 - chopped parsley

METHOD - Combine all ingredients, and place in oiled casserole or loaf tin. Bake at 160°C about 40 minutes. Serve.



- **BEANS and BARLEY (Serves 4)**

Depending on the amount of liquid you add to this dish, it is a thick soup or a hearty main dish.

Ingredients

- ½ cup pinto beans (presoak for at least 4 hours)
 - 2 cups water
 - 2 medium-sized carrots
- 2 teaspoons of oil for sautéing
- 2 tablespoons of shoyu for seasoning
 - 1 medium sized onion
- 3 soaked shitake mushrooms, slivered
 - 1 x 3 strips of kombu
 - 1 cup barley
 - 3 cups water
 - sea salt

METHOD – Drain soaking water off beans, put in a pressure cooker with kombu and 2 cups fresh water. Bring to full pressure over high heat, turn down to low, and simmer over a heat diffuser for 25 minutes. If not using a pressure cooker, you will need another 2 cups of water, and cooking time will be 40 minutes to soften. Bring beans down from pressure, add barley and 3 cups water and a pinch of sea salt. Return to full pressure, turn down heat and simmer another 20 minutes, or 35 minutes if not using a pressure cooker. Cut onions and carrots into chunky bite size pieces. First sauté onion until golden brown, then add mushrooms and carrots. Season with 1 tablespoons of shoyu, add to beans and barley, along with remaining shoyu. Add a little water, cover and simmer until the vegetables are softened (about 30 minutes). Season further if desired. Serve garnished with grated ginger, chopped shallots or parsley. To make a thicker dish, reduce cooking water for barley to 1 ¾ cups. For a soup, add 1 cup water towards the end.

CHAPATIS

Ingredients

- 2 cups cooked brown rice
- 5 cups wholewheat flour
- 1 ½ cups hot water
- 3 tablespoons cold-pressed oil
- 1 tablespoon caraway seeds
- ¼ teaspoon sea salt

METHOD - Combine water, salt, seeds and oil. Add the rice and break up into individual kernels. Then start adding flour to make dough consistency and knead well into a large ball. Make into small balls about the size of a golf ball. Dip into some flour and roll out into flat round shapes. Roll thinly for crisp chapatti, thicker if softer chapati desired. Don't stack them as they will stick together if uncooked. Heat a skillet and dry roast the chapatis till brown on either side. The chapatti will puff up in the middle when it is ready to turn over.

SPREAD FOR CHAPATIS, RICE CAKES OR BREAD

Note: For those who cannot digest flour at the moment, rice cakes (made from puffed rice), are a good alternative to bread. They are available at most health food stores, now. When using tahini, see If you can find one that doesn't contain much salt, added oil, preservatives, emulsifiers and stabilizers. Now for the spread!

Ingredients

- 3 tablespoons Tahini (sesame butter)
- hot water to cream
- 1 tablespoon Mugi Miso
- minced spring onions

METHOD - Combine tahini and miso in a suribachi, pouring water in a little at a time to cream. Add spring onions.

RICE BREAD

Ingredients

- 4 cups cooked rice
- 3 ½ cups wholewheat flour
- 1 cup buckwheat or rye flour
- 1 tablespoon miso & 1 tablespoon shoyu
- 1 tablespoon caraway seeds
- 2 - 2 ½ cups water

METHOD - Mix the rice with the water and break up into individual kernels. Add shoyu, miso and caraway seeds. Add the flours, mixing with a turning motion, slowly. Do not knead.

Sometimes the mixture is slightly wet. Bake in a pan 3 cm deep for 1 hour at 175°C. Any deeper and the center will not cook. This bread is best left overnight before eating.



UNYEASTED BREADS

Ingredients

- 2 cups wholewheat flour
- 1 cup buckwheat flour
- 1 cup cornmeal
- 1tblspn tahini (sesame butter)
- ½ cup soya flour
- 1 teaspoon sea salt
- 2 tablespoon cold-pressed oil

METHOD - Mix flours, salt and oil together in a bowl. Work mixture very well with your hands until the oil is evenly distributed. Let stand for 1 hour (if you want your bread to rise, let it stand overnight). Add water and work mixture very well with your hands until the dough is sticky and almost elastic. Form into a loaf, flour and place in an oiled pan. Let stand for ½ hour. Bake at about 190°C for 1 - 1 ½ hours.



QUICK CORNMEAL CRUST

Ingredients

- 2 cups yellow cornmeal
- ½ teaspoon sea salt
- ½ - ¾ cups liquid enough to make a stiff batter
- 2 tablespoons ground sesame seeds
- 3 tablespoons cold-pressed oil

METHOD - Mix all the ingredients and pat into oiled, deep 9" pie or cake dish. This should be baked for 15-20 minutes at 175°C. Fill with cooked fruit set with agar agar for a dessert; or for a main meal, place a layer of cooked adzuki beans, cover with cooked pureed pumpkin, sprinkle over with roasted sesame seeds, garnish with parsley. There are many possibilities.

MILLET CRUST

Especially for people who wish to avoid flour. Cook millet in the basic manner, cool until just warm, and pat into pie dish (oiled). Refrigerate 1 hour. Bake at about 175°C, 15 - 20 minutes. It may be advisable to score pieces first.

SESAME CRISP CRACKERS

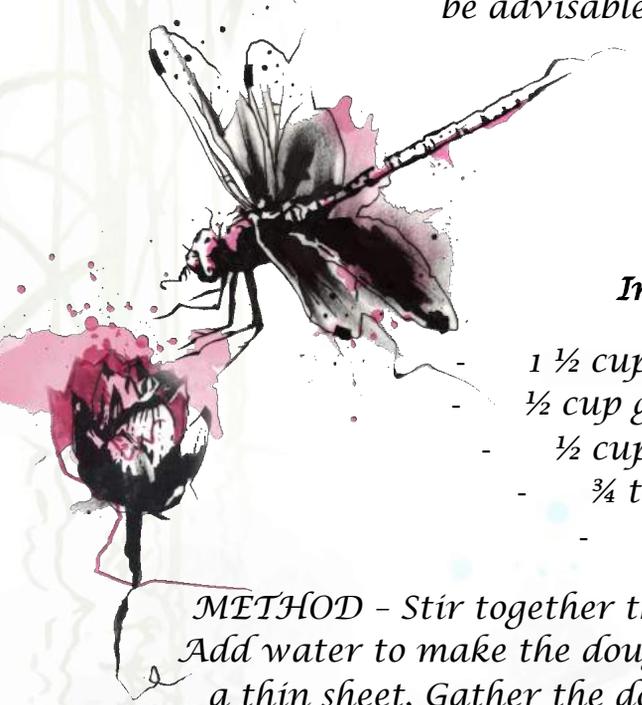
3 to 4 dozen crackers

Ingredients

- 1 ½ cups wholewheat flour
- ½ cup ground sesame seeds
- ½ cup water, as needed
- ¾ teaspoon sea salt
- 1/3rd cup oil

METHOD - Stir together the dry ingredients. Blend in the oil. Add water to make the dough soft enough to roll out easily into a thin sheet. Gather the dough into a ball, then roll it to 1/8" thick. Cut it in cracker shapes or sticks, and place them on an unoiled baking sheet. Bake at 175°C until the crackers are crisp and golden. These crackers go well with soups, dips or spreads.

"Food is the body of nature's justice, man the mind, cooking the art."



SOUP RECIPES

A small note to begin. Whenever using miso or shoyu, garnish with something fresh like grated ginger, chopped shallots, parsley, grated daikon. This will activate the salt and the enzymes.

It is easiest and most practical when using miso, to mix it to a slurry with some hot soup water and place this mixture on the table when serving the soup. This way, people can adjust intake to their own taste. Make up a batch every few days. In this way the miso goes through some cooking.

The other method is to add the miso directly to the soup and simmer for three minutes just before serving.

ALWAYS KEEP SOUPS COVERED DURING COOKING FOR FULL FLAVOUR.

There are so many possibilities for delicious soups. Here are some ideas

***MISO SOUP** - Basic (alter emphasis on vegetables to suit season)*

Ingredients

- oil for sautéing
- 1 medium onion, sliced or finely chopped
- grated ginger, - shoyu, - water, as desired
- some chopped pumpkin
- celery, finely chopped
- 1 strip of kombu, moistened and chopped
- 1 medium carrot, chopped or slivered
- 1 medium parsnip, chopped or slivered

***METHOD** - First, sauté the onion until golden over low-medium heat. Lightly sauté kombu, then the rest of the vegetables in order of firmness. This need only be done very lightly. Add mixture of water and tamari (just a little) to prevent sticking. Add desired amount of water and some grated ginger. Bring to boil, turn heat down to low and simmer, covered, over a heat diffuser for 30 minutes or longer. Serve with miso, garnish with grated ginger, chopped shallots or parsley.*

Each soup will have a different flavor. You may like soups brimming over with different vegetables, or just simple with one or two vegetables. Perhaps nearly clear, using just onions and kombu or wakame. One thing to consider - as with all your cooking - is to place **emphasis** on seasonal vegetables e.g. heavy, root vegetables in wintry conditions; lighter in summer. Beans, lentils and grains can be added to any soup - just add at the beginning of cooking or add already cooked. Shitake mushrooms, daikon, daikon greens, and grated ginger are delicious vegetables added to any soup.

BASIC SOUP STOCK (this can be used for fuller flavor if desired)

Ingredients: a 6" strip of kombu

METHOD ~ Place the kombu in 4 cups water with a pinch of sea salt and bring to boil, then strain of liquid.

BLENDER SOUPS

Cook desired vegetables e.g. pumpkin, carrots, parsnips - with a piece of wakame until soft. Blend in blender with a little of the water. Return to the pot and add as much of the rest of the liquid as desired, sautéed onions (these can be blended, too).
Serve with miso, garnish with parsley.

GARDEN RICE SOUP

Ingredients

- 4 tablespoons dry-roasted brown rice, finely ground
- 1 tablespoon cold-pressed sunflower oil, - 1 stalk celery, chopped
 - sea salt, - 1 large carrot, chopped finely
- 1 small turnip, chipped finely, - 1 large onion, sliced
 - 1 scallion, chopped

METHOD - Gradually stir the rice into 6 cups of cold water. Add ½ pinch of sea salt. Stirring constantly and gently, slowly bring to a boil, then reduce the flame. Simmer, covered, over a heat diffuser for 15 min. Sauté onion, scallion, carrot and turnip in oil. Add 1 cup water, ½ pinch of sea salt, and celery. Simmer for about 15 minutes. Pour rice cream and vegetables into 6 cups of boiling water. Blend in blender, return to pot. Simmer another 15 minutes. Serve with miso, garnish with parsley.

BY ADDING DILUTED KUZU TO SOUP, YOU CAN CHANGE ITS CHARACTER, YET AGAIN.

CARROT and ONION SOUP

Ingredients

- ½ cup brown rice (dry roasted & cooked with 2 ½ cups water, 1 ½ hours)
- 4 - 5 carrots, grated
- pinch of nutmeg
- 1 medium onion, minced

METHOD - Sauté onion until brown, then carrots, sprinkle nutmeg over. Add to rice with desired amount of water and a pinch of sea salt. Bring to a boil, turn down and simmer, covered over a heat diffuser for 30 minutes. Serve with miso and garnish.

CORN SOUP

Ingredients

- fresh corn off 5 cobs (save cobs), - 9 cups water
- ¼ teaspoon sea salt
- 6" strip of kombu, finely chopped
- ½ cup cornmeal, dry roasted
- 1 medium leek, sliced, - 1 tablespoon oil
- ¼ cup tamari, - ½ cup chopped parsley
- ¼ teaspoon thyme
- ¼ teaspoon celery seed
- ¼ teaspoon marjoram, - ¼ teaspoon basil

METHOD - Combine corn COBS, kombu, salt and 7 cups water. Bring to a boil, simmer over low heat for 30 minutes. Add 2 cups water to cooled cornmeal, allow to stand until water is absorbed.

Heat skillet, coat with oil, and sauté leek and herbs for 5 minutes. Remove cobs and kombu from water, put in the corn. Simmer 7 minutes. Blend most of the corn bits in a blender, then put back into soup. Add shoyu and soaked cornmeal and kombu.

Simmer 10 minutes, stirring occasionally. Add sautéed vegetables and herbs, simmer 3 minutes. Serve and garnish.





BARLEY SOUP

Ingredients

- 1 cup barley, washed
- 1 cup split green peas
- strip of kombu, chopped
- 2 small carrots, cubed
- 1 onion, finely chopped and sautéed
- 2 sticks celery, chopped
- 1 turnip, chopped
- pinch thyme
- pinch sea salt
- 6-8 cups water

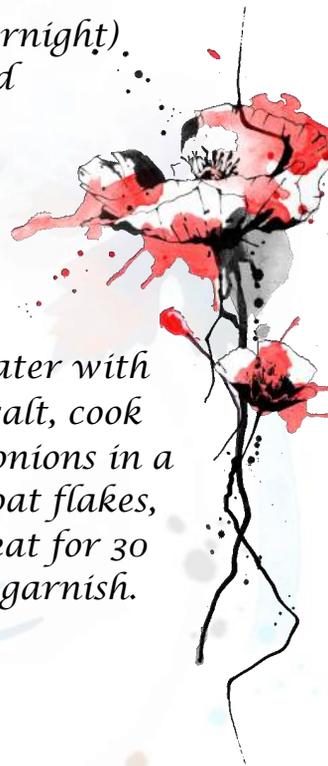
METHOD - Place all ingredients in a large pot. Bring to the boil. Turn the heat down and simmer, covered over a heat diffuser for 90 minutes. Take care to avoid sticking and burning as this soup gets very thick. Serve with miso and garnish.

ADZUKI SOUP

Ingredients

- 1 cup adzuki beans (soaked in warm water overnight)
- $\frac{3}{4}$ cup oat flakes, dry roasted and washed
- chopped parsley for garnish
- 1 strip of kombu, chopped
- 1 onion, chopped finely and sautéed
- 8 cups water
- sea salt

METHOD - Drain adzuki beans, cook in 8 cups of water with kombu simmering for 50 minutes. Add pinch of sea salt, cook another 10 minutes. Blend beans, kombu and sautéed onions in a blender. Pour mixture back into boiling water. Add oat flakes, and a pinch of sea salt. Simmer, covered, over low heat for 30 minutes. Add water if it's too thick. Serve with miso, garnish.





PUMPKIN and WHEAT SOUP

Ingredients

- 1 ½ cups each of butternut &
- ordinary pumpkin
- pinch sea salt
- 1 medium onion, chopped and sautéed
- 1 tablespoon kuzu, diluted in water
- ½ cup whole wheat grains
- ½ cup arame, rinsed
- stalk of celery, chopped
- grated ginger

METHOD - Peel and chop pumpkin. Steam pumpkin over boiling water, with wheat, arame and sea salt cooking in the water. If you don't have a steamer, boil pumpkin gently in a little water, using a separate pot. When soft, mash pumpkin and add to wheat and arame. Add desired amount of water, sautéed onion, chopped celery and grated ginger. Simmer, covered for 15 minutes. Add diluted kuzu, stirring gently. Simmer 5 minutes. Serve with miso, garnish with chopped shallots or parsley. Serve hot or cool. If this soup is made thicker, it is delicious as a sauce over grains.

WAKAME SOUP

Ingredients

- 
- 2 x 5" wakame, soaked 10 minutes and sliced
 - oil to coat pot
 - 1 onion sliced
 - 5 cups water

METHOD - Sauté onion until golden, sauté wakame. Add water, bring to the boil, turn heat down to low, simmer, covered, 20 minutes or longer. Serve with miso, garnish with grated ginger.

BROCCOLI and HIJIKI SOUP

Ingredients

- 4 tablespoons corn oil
- ½ kg broccoli
- 3 bay leaves
- 1 teaspoon kelp powder or ¼ teaspoon sea salt
- 1 dessertspoon celery seeds
- dash of lemon juice
- ½ cup hijiki, rinsed
- 1 large onion, sliced
- 5 cups water
- 1 teaspoon basil
- 2 tablespoons tamari

METHOD - First, separate stems from flowery parts of the broccoli and chop the stems. Heat saucepan, coat with the oil, sauté onions until golden. Lightly sauté broccoli stems for 2-3 minutes. Add water, bay leaves, celery seeds, sea salt or kelp powder and basil. Bring to the boil, turn heat down low and simmer, covered for about 1 hour. Add hijiki (can sauté if desired), simmer for 1 more hour. In the last 15 minutes add flowery part of broccoli, tamari and lemon juice. Serve with miso, garnish with grated ginger.

RECIPES USING VEGETABLES, BEANS AND SEA VEGETABLES

Please serve these recipes accompanied by grains in some form, singly or in combinations. Remember to emphasize vegetables for different seasons.

VEGETABLES - NITUKE STYLE

This is a method of preparing vegetables which is quick, simple and seals in the flavor of the food. Any vegetable in season, or combination thereof can be used. Vegetables cooked in this way can be eaten as they are, or in preparation for use in other recipes. There are 2 ways of doing this.

1ST METHOD - Delicately cut your vegetables in thin strips (almost like matchsticks). Heat 1 tablespoon of cold-pressed oil in a frying pan or wok. Sauté the vegetables over a high flame for 5 - 10 minutes, stirring gently to coat evenly with oil. Add a little water, turn the flame down to low-medium, and cook about 10 minutes, stirring constantly but gently. A few minutes before the end, add a dash of tamari and water. At the end, there should be very little water left, and the vegetables should not be oily.

2ND METHOD - Cut the vegetables larger, to desired shape (try including different qualities of the vegetables in each piece if you can e.g. with onion, slice from top to bottom, rather than across).

Sauté vegetables as above, but when you lower the flame, add a little water, cover and simmer undisturbed for 15 - 30 minutes, depending on the size of the pieces. Add a little more water if necessary. Towards the end add a dash of tamari, or sea salt (can be done at the beginning, instead). Do not overcook! The vegetables should be just tender, almost dry, and not oily. The art here is to cut vegetables according to their cooking time, so that they will remain firm and crisp to the end. For example, carrots and pumpkin would be small, relative to broccoli and cauliflower.

SAUTÉED CORN and SPROUTS

Ingredients

- 2 cups corn, off the cob
- 1 cup diced onions, - ½ teaspoon of minced garlic
- 1 cup of mung sprouts
- ½ cup chopped parsley
- pinch of oregano, - pinch of mint
- pinch of sea salt or dash of shoyu
- 2 tablespoon oil for sautéing

METHOD - Heat skillet and sauté onion and garlic until onions are clear. Add corn, stir gently but well, a little water and cover. When corn is tender, add sprouts, parsley, oregano, mint and salt or shoyu. Stir well, simmer covered for 2 minutes. Serve garnished with grated ginger.



CHINESE BEAN SPROUTS

Ingredients

- 600 g mung sprouts
- 1 ½ cups sliced onions
- 1 teaspoon minced garlic
- 1 teaspoon grated ginger
- ½ cup shoyu
- ¼ cup brown rice vinegar
- 1 teaspoon dark sesame oil
- 2 tablespoon safflower oil

METHOD - First scald sprouts, by pouring boiling water over them while in a colander. Sauté onions, garlic and ginger in safflower oil, until onions are clear. Add seasoning, simmer for 2 minutes, switch off the heat. Mix bean sprouts in. Eat hot or cold, over rice is nice.

CABBAGE and CARROTS with CARRAWAY

Ingredients

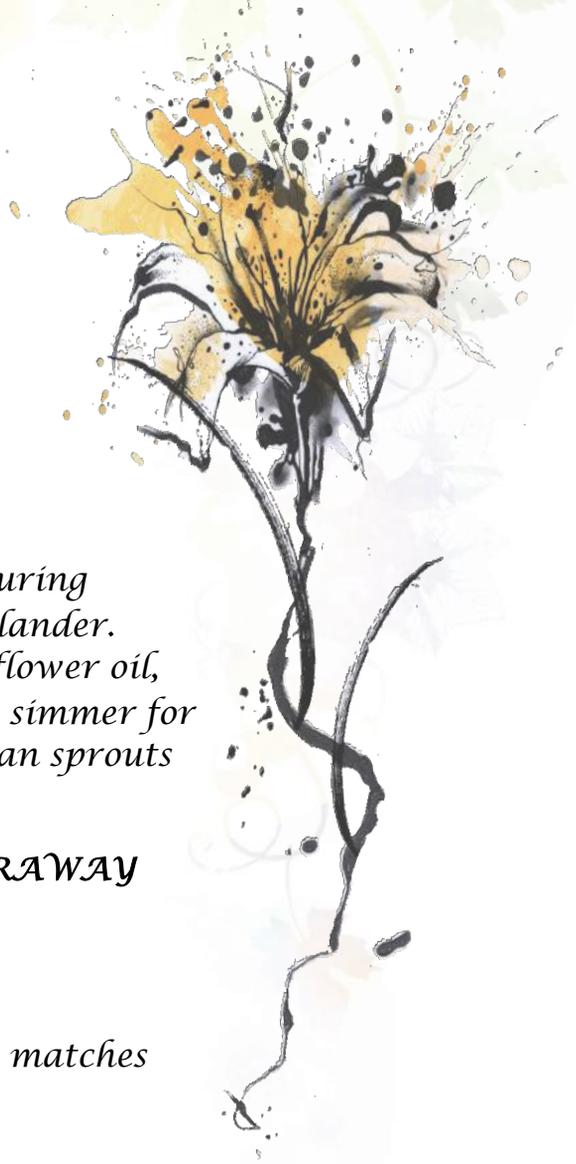
- ½ small cabbage, shredded
- 1 ½ cups carrots, sliced thinly like matches
- 1 - 2 tablespoons caraway seeds
- 2 tablespoons safflower oil
- tamari or salt to taste

METHOD - Sauté carrots in oil on medium heat until tender, stirring occasionally to prevent sticking. Keep covered. When carrots are tender but still crisp, add dash of tamari or sea salt, cabbage and caraway seeds. Sauté until cabbage is tender, but still crisp, adding a little water if necessary. Serve.

SAUTEED BUTTERNUT with WAKAME

Ingredients

- 3 tablespoons safflower oil
- 2 cups sliced onion
- ¼ teaspoon grated ginger
- 4 cups diced butternut pumpkin



- 3 or 4 shitake mushrooms, soaked ½ hour in hot water
 - ¼ teaspoon nutmeg
 - ½ teaspoon cinnamon
 - 1 tablespoon tamari
 - ¼ teaspoon sea salt
 - 1 tablespoon lemon juice
 - 1 cup loosely packed wakame

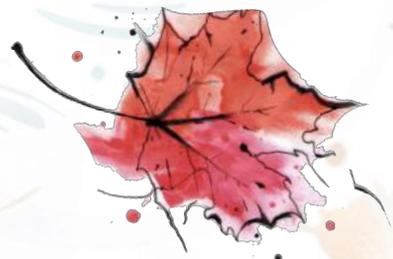
METHOD - Roast wakame in hot oven, and crush into a coarse powder, using a suribachi. Slice the shitake very thinly, reserving the stems and soaking water for stock. Sauté onions and ginger in oil until onions are clear stirring gently. Add butternut, mix well. Add mushrooms, mix, add a little water, and cook on low heat, covered, until pumpkin is soft but still crisp. Add salt, nutmeg, cinnamon lemon juice and shoyu. Stir in gently. Cover and cool until vegetables are tender (5 minutes).
 Serve with crushed wakame sprinkled on top, garnish with parsley. Grated daikon, as a side dish, would go well with this.

SAUTEED BROCCOLI with GARLIC

Ingredients

- 2 cloves of garlic, chopped finely
- broccoli, sliced vertically in half (as needed)
 - 2 teaspoon cold-pressed oil
 - mixture ½ tamari, ½ water

METHOD - Using a saucepan, sauté garlic in oil, for 2 minutes, so that garlic browns and releases its fragrance into the oil. Add broccoli, move around gently to coat with the oil (3 minutes). Add tamari mixture to reach ½" up side of saucepan. Cover and simmer on low heat until broccoli is just tender (3 - 5 minutes).
 Serve with leftover liquid.



ADZUKI BEAN AND PUMPKIN STEW

An excellent toni for strengthening the kidneys: which govern our drive & motivation, skin tone and the lumbar region; and the Spleen meridian: to improve our overall digestive capacity, blood sugar metabolism, energy levels and menstrual health.

Medicinally this recipe is rather powerful - no more than half to one cup per day generally

Ingredients:

- 1 cup adzuki beans
 - 2 cups chopped pumpkin
 - 1 stick of celery - chopped
 - 1 strip of kombu seaweed (washed)
 - Sea salt, tamari, or miso to taste - add at the end of cooking only, never at the start or beans wont cook.
- *METHOD* ~ Soak the beans overnight and remember to discard the soaking water. Cover the beans with water and add kombu. Simmer for roughly twenty minutes. Add the sea salt, when the beans are starting to become chewable. Add the pumpkin and celery and more water if needed (not too much, otherwise it will leave you with adzuki soup rather than 'stew'). Simmer for another 30 minutes. Add salt, tamari or miso to taste. Serve with brown rice and a garnish of shallots.

HONEYED CARROT with SUNFLOWER SEEDS and DILL

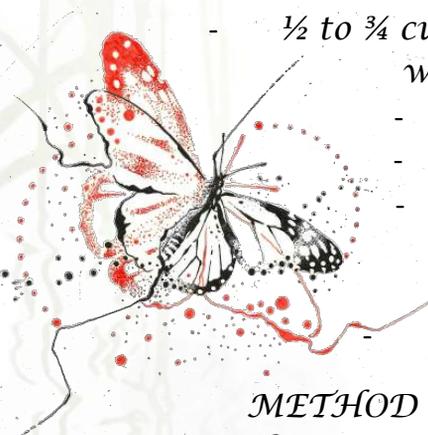
Ingredients

- ½ cup sunflower seeds, washed
- 2 medium carrots, sliced 1" thick
- 2 teaspoon cold-pressed oil, corn oil is nice
 - ½ - 1 teaspoon grated ginger
 - 2 pinches dried or fresh dill tips
 - 2 teaspoon barley malt

METHOD - Using a saucepan, sauté carrots for 3 minutes, coating evenly with the oil. Add sunflower seeds, then the barley malt, stirring lightly to coat. Add ginger, mix in. Add tamari mixture, to ½" up side of saucepan, sprinkle dill over. Cover and simmer 10 - 15 minutes until the carrots are tender. Serve with the liquid sauce.

SHITAKE, BAKED with GARLIC and GINGER

Ingredients

- 
- ½ to ¾ cup sliced shitake mushrooms, presoaked in hot water for ½ hour - *SAVE THE WATER*
 - 1 heaped teaspoon grated ginger
 - 1 heaped teaspoon minced garlic
 - extra water and dash of tamari
 - oil to coat dish
 - 1 teaspoon tamari
 - 1 tablespoon kuzu (diluted in water)

METHOD - Oil a small oven dish, arrange the shitake mushrooms compactly in the bottom. Combine tamari with 3 tablespoons soaking water. Pour evenly over mushrooms. Bake at 150°C for 15 - 20 minutes, or until the aroma becomes evident, adding more water if necessary. Remove from oven. In a saucepan, on top of the stove, combine diluted kuzu, remainder of soaking water, dash of tamari and baked mushroom mixture. Stir gently, add water until desired consistency. Serve over rice and vegetables, rice and roasted sunflower seeds or buckwheat noodles. Garnish with parsley.

NORI ROLLS

These can be made with any choice of season vegetables cooked 'nituke' fashion (1st Method) and cooked rice. Simply roast 1 side of a sheet of nori, lightly, cover first with a layer of rice, then vegetables, leaving 1" border all round. Moisten ends, roll up and slice into 1" or ½" rounds. Serve instead of plain rice or on their own.

Variation: cook the rice with a tablespoon of fresh orange juice.

CREAMED CELERY SAUTE

Ingredients

- 1 tablespoon oil
- 4 stalks of celery with leaves, chopped
- 2 tablespoon parsley, finely chopped
 - 1 - 2 shallots, chopped
 - 1 teaspoon lemon juice
 - pinch of sea salt
- 1 cup tofu, blanched and blended
- 2 teaspoon roasted sesame seeds or a pinch of nutmeg



METHOD - Sauté shallots, celery and parsley over medium heat for 5 - 10 minutes. Add lemon juice, sprinkle salt over, sauté 2 - 3 more minutes. Take off heat, gently stir in prepared tofu, top with sesame seeds or nutmeg. Garnish with parsley. Serve with grains.

"HERBED" VEGETABLE SAUTE

Cook your choice of vegetables, "nituke" fashion. Towards the end of cooking, gently stir in ¼ teaspoon each of paprika, sage, marjoram and rosemary and ½ cup of ground roasted sesame seeds. Mix with 3 cups of cooked rice, in a wok or frypan, until the rice is heated through. Serve.

CAULIFLOWER with HIJIKI, BEANS AND ALMONDS

Ingredients

- hijiki, soaked - **SAVE THE WATER**
- 1 large onion, sliced

- 2 tablespoons oil
- ½ head cauliflower, sliced into ¼ flowerets
 - 6 green beans, sliced
- 12 almonds, baked until skin splits (optional)
 - 1 tablespoon kuzu, diluted in water
 - water as needed
 - teaspoon grated ginger
 - shallots or parsley

METHOD - Lightly sauté cauliflower. Set aside. Heat another skillet, sauté onions until golden. Add hijiki, sauté 10 minutes, add kept soaking water and a dash of tamari, simmer uncovered for 10 - 15 minutes. Mixture should be almost dry. Add kuzu diluted with 1 - 2 cups of water and 1 - 2 tablespoons tamari. Stir in gently, adding more water if necessary. Add sautéed cauliflower, beans and baked almonds (if using). Grate ginger over the mixture. Cover and simmer 5 - 10 minutes until cauliflower is tender. Take off heat, add chopped shallots or parsley. Serve. The mixture should be quite thick, but not too dry.

SAUTÉED VEGETABLES with NOODLES

Have udon or soba noodles cooked, still firm. Prepare following vegetables "nituke" fashion, 1st Method - garlic, grated ginger, grated daikon, sliced shallots, shredded cabbage, carrots, shitake mushrooms. Add noodles and tamari to taste. Stir fry. Garnish with chopped shallots or parsley. Serve

COLESLAW

Ingredients:

- finely chopped or grated cabbage
- ½ teaspoon sea salt or flesh of an umeboshi plum
 - grated carrots
 - tahini
 - grated onion
- 2 umeboshi plums
- juice of 1 lemon

METHOD - Toss ingredients together, press down with a heavy object to extract liquid. Leave, with weight on, for 8 hours or longer. Pour off liquid. For the dressing, in a suribachi, mix tahini, some grated onions, 2 umeboshi plums, juice of 1 lemon, and water to cream.

LEBANESE SALAD - TABOULY

Ingredients

- 1 ¼ cups bourghul wheat (prepare this by pouring 4 cups boiling water over, let stand for 2 hours, covered. Strain and remove excess water by squeezing with hands)
- 1/3rd cup chick peas, cooked
- ¾ cup fresh mint, minced
- 1 ½ cups fresh parsley, minced
- 1 tablespoon gomasio
- ½ cup lemon juice
- ¾ cups shallots, chopped finely
- ½ cup dark sesame oil

METHOD - Combine all ingredients, refrigerate for ½ hour. Serve.

LEAFY CHINESE TOFU

Ingredients

- 3 cups of cooked rice
- 2 cups tofu (1" cubes)
- dark leaves from outside of a lettuce
- ¼ cup roasted sesame seeds
- tamari
- oil for sautéing

METHOD - Using large skillet, sauté tofu for 5 minutes. Push to center, and place torn lettuce leaves (can use watercress) around edges. Sprinkle sesame seeds and tamari over tofu. Cover and steam to wilt lettuce. Be careful not to overcook. Remove from heat, drain excess liquid. Sprinkle tamari over lettuce, serve with rice. Garnish with grated ginger, if desired



HIJIKI - Basic

Pre-soak desired amount of hijiki, sauté 10 minutes in 1 - 2 tablespoons oil. Add soaking water and 1 tablespoon tamari, simmer uncovered over low-medium heat for 20 minutes. Mix in grated ginger. Serve.

WAKAME - Basic

Soak wakame for 10 minutes. Drain, save water. Cut into ¼" pieces, sauté in corn or sesame oil. Add a dash of tamari before the end. Mix with grated ginger, or chopped shallots before serving. Wakame is good to use in soup. It also combines well with onions, just sauté onions before the wakame.



HIJIKI - LOTUS ROOT

Ingredients

- 3 ounces hijiki, pre-soaked - **SAVE WATER**
 - 2 tablespoons tamari
 - 1 tablespoon roasted sesame seeds
- 8 ounces lotus root, if using dried, **SOAK OVERNIGHT**
 - oil for sautéing

***METHOD** - Sauté hijiki, 10 minutes. Dice lotus root, sauté separately in corn or sesame oil. Combine hijiki and lotus root in a saucepan with hijiki soaking water. Bring to a boil, simmer, covered for 30 minutes. Add tamari and sesame seeds. Simmer, uncovered for 15 minutes. Serve.*

HIJIKI CURRY

Ingredients

- 2 onions, finely chopped
- ¼ to ½ cauliflower, broken up
- 1 cup hijiki, pre-soaked - **SAVE WATER**
 - ½ teaspoon cumin
 - 2 carrots, chopped
 - ¼ kg fresh green peas
 - 1 teaspoon mild curry powder
 - 1 tablespoon wholemeal flour

METHOD - In a heavy saucepan, sauté onions until golden. Add curry, cumin and flour. Sauté for 5 minutes. Add a little water and form a paste. Add vegetables, hijiki and ½ to 1 cup soaking water. Cover, simmer for 30 minutes. Serve with brown rice.

STIR FRIED ARAME, TOFU, CARROT and SPROUTS with TAHINI MISO SAUCE

Sauce ingredients

- 2 tablespoon tahini
- 1 tablespoon miso
- ½ teaspoon kelp powder
- ¼ teaspoon cayenne
- ½ cup hot water

METHOD - Prepare the sauce by simply combining the ingredients. Set aside.

Ingredients

- 2 tablespoon oil
- 2 cloves garlic, chopped
- half cup arame, rinsed, drained
- handful chopped parsley
- 1 cake tofu, cubed
- 1 carrot, roughly grated
- ½ cup bean sprouts

METHOD - Using wok or frypan, lightly sauté garlic. Add arame, tofu, carrot and stir fry for 1 - 2 minutes. Add sprouts, stir fry for 1 - 2 minutes. Turn the heat down to medium-low, stir in the sauce, and allow to cook 2 more minutes. Serve over brown rice, garnished with parsley.

TOFU QUICHE

Prepare a pie crust and line pie dish. Prepare your choice of seasonal vegetables "nituke" fashion, 1st Method. Add 2 blocks of pureed tofu and 1 free range egg (optional), add a pinch of basil, 2 tablespoons tahini.

Pour into crust and bake at 175-190°C until set in the middle. Top with roasted sunflower and sesame seeds. Garnish with minced parsley.

ADZUKI BEAN and PUMPKIN STEW

Medicinal - especially good for spleen, kidneys and diabetics. Very strong, this should only be eaten in small quantities

Ingredients

- 1 cup adzuki beans (soaked overnight)
- 1 ½ cups bit size pumpkin pieces
- strip of kombu, chopped
 - sea salt
- oil for sautéing



METHOD - Place adzuki beans and kombu in a saucepan with water to cover. Bring to boil, simmer until softened. Add a pinch of sea salt, simmer another ½ hour, adding more water if necessary. In another saucepan, sauté pumpkin lightly, cover with the beans, more cold water to cover and another pinch of salt. Cover and cook over low heat until pumpkin is soft. Serve.

Variation: at the end of cooking, combine 1 tablespoon kuzu, 2 tablespoons tamari, 1 cup water and grated ginger. Gently stir in until the kuzu goes clear. Cover, simmer for 5 minutes.

Remove from heat, add shallots.

ADZUKI-CHESTNUT PIE

Ingredients

- baked pie crust
- 2 cups adzuki beans & 3 cups dried chestnuts (soaked overnight with water to cover)
 - cinnamon
 - strip of kombu
 - pinch of sea salt

METHOD - Combine adzuki beans, chestnuts and chopped kombu. Cook in triple amount of water they were soaking in, for about 1 ½ hours. Add sea salt, cook a few more minutes. Drain off the water

after cooking. *SAVE THE WATER.* Blend to a cream in a blender, using as little water (cooking water) as possible. Season with cinnamon. Cool cream and pour into pie shell. Serve with crushed, roasted almonds or sunflower seeds.

CHICK PEA DISH

Ingredients

- 1 cup of chick peas, soaked overnight, and cooked with a strip of chopped kombu
 - 1 onion, sliced
 - 1 ½ - 2 cups of shredded Chinese cabbage
 - 2 pinches of cumin seeds
 - oil for sautéing
- 1 tablespoon kuzu, diluted in 1 to 2 cups of water
- 2 teaspoons each of lemon juice and lemon grind, grated
 - 2 tablespoons tamari
 - chopped shallots
 - 1 tablespoon grated ginger

METHOD - Sauté onion until clear, add cabbage, sauté until just softened. Combine kuzu, water, tamari, lemon juice and grind, and cumin seeds. Stir in gently until the kuzu goes clear, adding water if necessary. Add cooked chick peas with kombu, mix gently, cover and simmer for 10 minutes over a heat diffuser. Take off heat, add shallots. Serve.

ALWAYS SERVE BEANS IN SMALL PROPORTIONS, RELATIVE TO GRAINS AND VEGETABLES

SOURDOUGH BREAD

STARTER:

- 1 cup cooked rice (grain)
- 1 cup water (apple juice)
- 1 cup wholewheat flour
- 1 level tablespoon miso



METHOD - Heat water to warm and dissolve miso. Mix all the ingredients in a bowl, cover with a tea towel and set in a warm place for a few days. Stir mixture several times a day. As it ferments, it will start to bubble and smell sour. When this happens, either add more cooked grain, until you are ready to use it.



MAKING THE BREAD

to the starter add:

- 1 cup of water
- 2 tablespoons of cold-pressed oil (optional)
- 2 teaspoons caraway seeds (optional)
- 6 cups of flour (the quantity of the flour will vary depending on climatic conditions and the quality of the ingredients)

METHOD - Knead the dough for 10 - 15 minutes, adding more flour if necessary. Oil a round or loaf tin and shape the dough to suit the tin. Cut a crisscross pattern on top, oil the top of the bread. Cover it with a tea towel and place in a warm place to rise. Bread has sufficiently risen when, pressed gently with a finger, the indentation comes back quickly. Rising time also depends on climatic conditions and could take from 2 - 8 hours. Bake at 150°C for 1 hour, then 180°C for half an hour, or until well browned.

N.B. The more starter is used, the more sour the bread. ½ - 1 cup of starter may be set aside to start the next starter. If the bread doesn't rise, it was because not enough water was added.

PRESSED SALADS

Pressing, i.e. instant pickles is a cooking method. Salt draws liquid out of vegetables and also preserves, softens and makes them more digestible.

Basic Steps:

Cut up watery vegetables, e.g. cucumber, radish (red or daikon), cabbage, leafy greens, lettuce. Sprinkle with sea salt and rub the salt through with your fingers, kneading for a few minutes. Cover with a place and place a heavy weight on top .

1. *Leave one or several hours*
2. *Rinse before serving*
3. *If possible, only use a glass or ceramic bowl for pickling*

RED RADISH PICKLE

Ingredients:

- *Red radish*
- *Water*
- *Umeboshi vinegar*

METHOD - Wash radishes and cut into thin rounds or half-moons. Place in a bowl and cover with a liquid of half umeboshi vinegar and half water. Press until ready to use, then squeeze out excess liquid. Toss pickled cucumber and the red radish pickles. Toss in the watercress, using mainly the leaves, not the stalks, then add black sesame seeds and poppy seeds together. You can also garnish a salad bowl with cos lettuce or any other type of lettuce. This salad can be dressed with any number of dressing combinations, but it is also just as tasty on its own.

PRESSED CABBAGE and HIJIKI SALAD

Ingredients

- *White cabbage*
- *Sesame seeds*
- *Hijiki*
- *Sea salt (approx. 2 tablespoons for each cabbage)*

METHOD - Wash and finely shred cabbage and put in a glass or ceramic bowl. Mix the sea salt in by kneading gently. Press for a few hours (this can also be left to pickle for 1 ½ - 2 weeks to make sauerkraut). To prepare hijiki, rinse first, soak in water just covering, hijiki will swell out a bit (¼ cup of dried hijiki will yield approx.. 1 cup soaked). Using soaking water, bring to boil and simmer for 20 minutes (for a nutty flavor, hijiki can also be sautéed lightly in sesame oil for a few minutes). Drain hijiki. Cabbage when ready can be rinsed to remove excess salt. How much you rinse any pressed salad depends on your preference for a salty taste. Combine cabbage, hijiki and roasted sesame seeds in a bowl.



PRESSED CUCUMBER SALAD with RADISH PICKLE

Ingredients

- Cucumber
- Sea salt
- Black sesame/poppy seeds
- Watercress
- Red radish pickle

METHOD - Cut the tops of the cucumber and rub the tops at either end to take foaming bitterness out. Slice the cucumber lengthwise (remove the seeds and slice finely into half moons). Rub with a small amount of sea salt. Press for 1 hour to 2 days. Wash when ready to remove excess salty liquid.

CONDIMENTS & SAUCES,

Gomasio:

please make gomasio with care. It can be used daily as a condiment on grains and vegetables, good for energy, and blood-cleansing and strengthening. Use proportions of 1:12 to 1:15, sea salt to sesame seeds. First dry roast the sea salt, and grind to a fine powder in a suribachi. Then dry roast the sesame seeds until golden. Combine with salt in the suribachi and gently grind the seeds over the salt. About 80% of the seeds should be ground, when finished. Make only enough to last about one week. Keep in a sealed jar.

Sunflower seeds with tamari:

dry roast 1 cup of sunflower seeds until lightly browned. Remove from heat and immediately add 1 dessertspoon of tamari, stirring quickly for even absorption. Remove from skillet and place on a tray to dry. Skillet rinses out easily. These are delicious by themselves, or as a condiment.

Variation: lightly toast a sheet of nori over a flame, crush, and add to seeds. Can also be used separately as a garnish.

TWO SAUCES, GOOD SPREAD ON FRESH CORN OR OVER SALAD

Combine in a suribachi:

1. Olive oil, flesh of a umeboshi plum, brown rice vinegar, tamari
2. Oil, grated ginger, flesh of a umeboshi plum, miso

BLACK BEAN SAUCE

Ingredients:

- 1 cup diced onion
- 2 tablespoons salted black beans, soaked in boiling water ½ hour, rinsed and drained
- 1 teaspoon grated ginger
- 1 ½ tablespoon oil for sautéing
- 1 teaspoon minced garlic
- 2 teaspoons tamari
- 1 tablespoon kuzu, diluted in 2 cups water

METHOD - Sauté onions, garlic and ginger in the oil, until the onions are clear. Add drained black beans, stirring lightly to coat with the oil. Combine kuzu, water and tamari. Over medium-high heat, pour in kuzu mixture, stirring constantly until the boil. Add more water if necessary, for desired consistency. Serve, garnished with shallots or parsley.

BECHAMEL SAUCE

Heat 1 tablespoon oil in a saucepan. Add 1 tablespoon wholewheat flour, stirring to avoid burning. When the mixture is light golden in colour, add 1 cup of lukewarm water. Stir gently until it thickens. Add a pinch of sea salt, and if you wish, grated ginger, nutmeg or coriander, depending on the dish you serve it with.

SAUCE BECHAMEL ONION

delicious on rice, buckwheat and croquettes of any grain

To 1 pint of boiling water, add 2 tablespoons of wholewheat flour, previously diluted in ½ cup water. Add 1 tablespoon tahini, keep stirring. Add 1 chopped sautéed onion, small pinch of sea salt, and a dash of tamari. Cook for 10 minutes over low heat. If desired, add 2 tablespoons of chopped parsley at the end.

SAUCE CUISINIÈRE UMEBOSHI JUICE

In a bowl, combine 1 tablespoon of oil, 1 tablespoon of chopped parsley, 1 tablespoon finely chopped leek, juice of 3 umeboshi plums, a tiny pinch of sea salt. Pour into a heated skillet, cook no more than 2 minutes.*

**To obtain umeboshi juice, boil 3 salted plums in 1 cup of water, for 5 - 10 minutes. Squeeze them through a strainer by crushing with a fork.*

SPLIT PEA SPREAD

for rice cakes, chapatis, or as a filling for pocket bread

Ingredients:

- 3 cups of cooked yellow or green split peas, mashed or pureed
 - 2/3rds of a cup ground sesame seeds
 - oil as needed
 - 1 chopped onion
 - 1 tablespoon curry powder



METHOD - In a hot skillet, sauté together all the ingredients except the split peas. When almost done, add the peas, and continue sautéing until the peas absorb the curry flavor. Add some grated ginger. Serve.

HUMMUS

Ingredients:

- 250g chick peas, cooked until very soft
 - olive oil
 - sea salt
 - 1 cup water
 - 1 cup tahini
- 2 or 3 cloves of garlic, crushed
- 2 tablespoons finely chopped mint

METHOD - Blend the chick peas to a fine paste. Add garlic, stir in 1 tablespoon oil and a pinch of sea salt. Thin the mixture with water to desired consistency. Stir in the mint. To strengthen the mixture, a spoonful of miso can be added if desired. Serve as a dip or sauce.



GINGER AND BEAN SAUCE

Sauté diced onion until clear with a pinch of sea salt. Add slivered celery and diced pumpkin. Add about 8 tablespoons cooked brown beans, some noodle or vegetable water, cover and steam over low heat. Finally, add grated ginger, chopped shallots, tamari to taste, and kuzu (diluted in cold water) to thicken.

LENTIL PLATE - substitute chick peas or other beans for lentils, to make different pates

Ingredients:

- diced onions to taste
- 1 or 2 bay leaves
- 6 tablespoons tahini
- 2 cups cooked brown lentils
 - pinch of nutmeg
 - 2 tablespoons miso
- 4 slices of bread, cubed, pre-soaked
- ¼ teaspoon each thyme, coriander, salt
- 4 tablespoons chopped parsley

METHOD - Sauté onions until golden. Squeeze excess water out of the bread, add to onions. Cook over medium flame for 15 minutes. Blend the lentils and add to the mixture. Add miso and tahini. Stir in well. Cook for 5 minutes, stirring occasionally. Pour the mixture into a mould, bake for 30 minutes at 160°C. Serve cool.



SWEET RECIPES

Note: When cooking fruit, add a pinch of sea salt at the beginning. At the end, add kuzu, diluted in water and cool until the kuzu goes clear.

APPLE PUMPKIN DESSERT CREAM

Peel and sauté equal amounts of apple and butternut pumpkin in 2 tablespoons of oil for 15 minutes. Add ½ cup of water, a pinch of sea salt, and simmer for 20 minutes, covered. Mash the mixture, thicken to desired consistency using kuzu. Add a pinch of cinnamon and nutmeg. Serve topped with roasted sunflower seeds, or crushed baked almonds. If desired, set to a jelly using agar agar.

TOFU WHIP

Blanch tofu and cream in a blender with anything you fancy - apple juice, barley malt, cinnamon, cooked dates (with salt and kuzu), etc.

APPLE PIE

Double Crust Dough

Ingredients: (for good pastry use ice-cold liquid)

- 2 ½ cups stoneground wholewheat flour
- ½ cup brown rice flour
- ½ teaspoon cinnamon
- ½ cup pure apple juice or cider
- 1 egg white

Filling ingredients:

- 8 - 10 cups chopped apples
- 3 - 4 tablespoons kuzu
- ½ teaspoon sea salt or 1 tablespoon miso
- 1 teaspoon ground ginger
- ½ cup cold-pressed safflower oil
- ¼ teaspoon sea salt
- 2 - 3 tablespoons instant grain coffee
- ½ teaspoon vanilla essence
- ¼ cup pure apple juice or cider

- 1 teaspoon cinnamon
- 1 egg yolk

METHOD - Combine flours, salt, spices and grain coffee in a mixing bowl. Set aside. Mix liquid, oil and vanilla essence together. Slowly add liquid mixture to the dry combination, mixing with a wooden spoon, until a ball of dough begins to form. Press together with your hands. Divide the dough in two. Keep one piece covered with a damp cloth. Roll out the bottom crust very thinly. Preheat the oven to 190°C. Oil a pie dish, line with pastry. Brush with egg white. Chop the fruit and peel if it's not organic. Combine fruit, spices and salt. Dissolve kuzu in juice or cider and stir until well combined. Pour the mixture over the fruit mix and toss. Let sit for about 10 minutes. Place the filling in the pie shell crust, shape the fruit into a pyramid. Roll out top crust. Cover and secure the edge. Prick the top crust. Glaze with egg yolk. Bake at 190°C for 15 minutes, lower temperature to 175°C and bake another 30 minutes or until the fruit is soft. If desired, after glazing, sprinkle sesame or poppy seeds on top, then bake.

FRUIT CRUMBLE

Ingredients

- 2 cups of oat flakes
- ¼ teaspoon sea salt
- 5 apples, or 3 cups strawberries, pears etc.
- ½ cup wholewheat flour
- ¼ cup safflower oil
- ½ cup currants, washed
- ½ teaspoon cinnamon
 - ¼ cup liquid
- ½ cup chopped almonds (optional)

METHOD - Place all the ingredients except the fruit in a bowl and rub together with your fingers. Put half of this mixture into a casserole dish. Arrange a layer of sliced fruit and nuts, cover with the remaining ingredients. Bake at 190°C for 40 minutes.



OAT FLAKES CRUST

Ingredients

- 3 cups of oat flakes, dry roasted
- 1 tablespoon sesame seeds
- 1 ½ cups brown rice flour
- 1 - 1 ¼ cups water or pure apple juice
 - ¾ cup oil
 - ¾ teaspoon sea salt

METHOD - Mix dry ingredients. Add oil and knead into dry ingredients. Slowly mix in water. Press into a pan. Bake at 175°C until brown and crisp. Add cinnamon for a fancier crust.

FRUIT FLAN

Ingredients:

- 1 prepared & cooked oat flakes crust
- 4 cups pure apple juice
- 2 bars agar agar
- 3 tablespoons kuzu, diluted in cold water
- fruit in season i.e. apples, pears, strawberries (not citrus)
- pinch of sea salt

METHOD - Bring liquid to a boil, crumble in the agar bars and stir until dissolved. Add chopped fruit and pinch of sea salt, cook for a few more minutes. Stir in the kuzu, and when the liquid turns clear, remove from heat. When cool and nearly set, pour into crust, or simply use as a jelly. If using strawberries, it is best not to cook them, just add raw.

Note: this recipe could also be used as a main meal, by using vegetables and soup stock instead of fruit and apple juice. Chestnuts and apples would be a good combination also.



FRUIT PIE

Ingredients

- prepared pie pastry
- $\frac{1}{4}$ teaspoon sea salt
- 1 cup semolina

For topping

- pure apple juice
- 4 cups water
- 1 cup fruit in season i.e. cherries, apples, pears or strawberries
- vanilla to taste
- kuzu

METHOD - Cook semolina with water and vanilla until thick, with a pinch of sea salt. Roll out the pie crust. Add cooked semolina $\frac{1}{4}$ " thick and place fruit evenly on the top. Bake in the oven at 190°C for 30 to 40 minutes. Boil some apple juice with kuzu (diluted in water) until thick. Pour over pie.

APPLE SLICE

Ingredients:

- 10 apples, sliced thinly
- $\frac{1}{2}$ cup apple juice mixed with a pinch of
- cinnamon
- 2 cups wholewheat flour
- $\frac{1}{2}$ cup oil
- $\frac{1}{2}$ teaspoon sea salt
- $\frac{1}{3}^{\text{rd}}$ of a cup pure apple juice

METHOD - Place the apples in a lightly oiled baking dish, about 5 cm deep. Pour the juice and cinnamon mixture over the apples. In a bowl, mix together the flour, salt and oil. Mix well, add apple juice. Work until crumbly. Sprinkle over sliced apples. Allow to stand for 30 minutes. Bake at 200 - 230°C until the apples are soft and the topping is brown.

CHERRY PUDDING

Mix cooked rice with pitted cherries (cooked in apple juice with sea salt and kuzu). Add ¼ teaspoon vanilla. Add béchamel sauce to _ volume of rice. Bake at 190°C for 30 minutes. Serve cool.

CHESTNUT CREAM - can be used as a dip

Soak dried chestnuts overnight, simmer until soft with a pinch of sea salt, about 1 - 1 ½ hours. Blend until smooth in a blender with whatever you fancy e.g. rice syrup, barley malt, cooked dates, or apples, tahini, cinnamon, nutmeg, vanilla, etc.

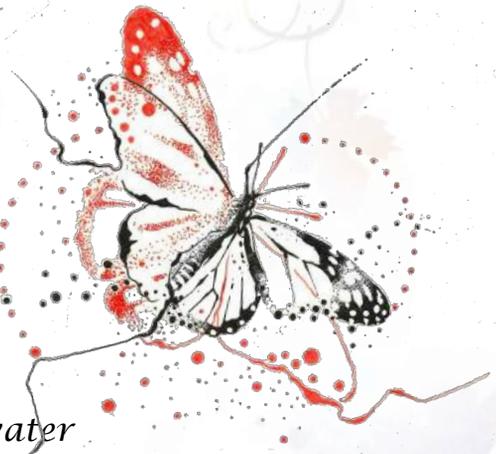
JAMS

Simmer fruit, e.g. dates, apples, pears, apricots, with salt, in a little water, until mushy. Add diluted kuzu, cook until clear. Blend in a blender, sweeten with rice syrup if desired.

FRUIT CAKE - FOR SPECIAL OCCASIONS

Combine and soak overnight

- -2 cups natural sultanas, washed
- 2 cups currants, washed
- 1 cup natural raisins, washed
- ¾ cup cold-pressed safflower oil
- 1/3rd cup almonds
- 2 large free-range or organic eggs
- 2 cups COOPER'S STOUT (beer)
- Rind and juice of 1 orange
- 1 tablespoon miso, diluted in hot water
- 3 cups stoneground wholemeal flour
- ½ cup tamarind sunflower seeds (optional)



METHOD - Strain soaking liquid into a large bowl, add oil and eggs and whisk. Mix in fruit, nuts and seeds (if using). Mix in flour. Oil 7 ½" square or round tin. Line tin with greaseproof paper, oil it lightly again. Spoon cake mixture into tin and smooth top. Decorate with blanched almonds if desired. Bake at 150°C in the middle of the oven for 2 - 2 ½ hours. Cover the cake for most cooking time, removing the cover for the last 15 minutes. Allow to cool for ½ hour in the tin. Remove the cake from the tin and allow to cool completely, before wrapping carefully, first with paper, then foil. Keep in a cool place. If wrapped well, this cake should keep for several weeks, but can be eaten after 2 days.

~ CLEANSSES ~

3 Day Autumn Cleanse

Its common knowledge that Spring lets us maximise the detoxing of the body and mind. Its less common, but equally beneficial to also try to cleanse in Autumn

In Autumn leaves fall, wind blows and Nature shows us that we should get ready to let go. In the body a similar process happens. Often we accumulate mucous in both our lungs and large intestine during summer, so in Harvest and Autumn we need to move that stagnant energy.

This is a short break you can give yourself so that your energies rise and your state of mind becomes less clustered. The letting go that we feel in Autumn is a big part of maintaining Seasonal health

Shopping List

*Root Vegetables like pumpkin, carrots and squash
Green Vegetables like watercress, kale, broccoli and green cabbage.*

Other vegetables like garlic, onion, turnips, radishes and ginger

Algae like kombu (kelp), hijiki, nori and wakame

Grains like quinoa, barley, oats, brown rice and millet

Supplements like spirulina or chlorella

Fermented products such as sauerkraut, tempeh, miso and radish pickles

Spices like cinnamon, cardamom and black pepper

Sesame Oil for cooking

Mung beans

Day 1

The first part of this Autumn cleanse should be focused on elimination. For this we use pungent foods that help disperse the mucous from the lungs and large intestine. If you eat these foods raw you will maximize their cleansing effect but slightly cooked is also beneficial and easier for digestion. These foods are:

Foods

Onion

Garlic

Ginger

Turnip

Horseradish

Daikon

Start your day with a ginger lemon tea. For breakfast have stewed apples and cinnamon. At lunch try a combination of millet with ginger & garlic sauté watercress with hijiki algae. For dinner choose a lighter option of turnip soup with grated daikon. The idea is to use the combination of ingredients in light nourishing meals.

Day 2

The second part of this cleanse is to rebuild the mucosa membrane of the lungs and colon. For that we need unctuous foods, which will enhance the protective abilities of the walls of these organs. Also foods which are high in beta-carotene and vitamin A. These promote growth and tissue repair. Fibre is also essential, not only to release toxins but it also promotes healthy bacterial growth in the colon.

Foods

Pumpkin
Carrots
Squash
Kale
Broccoli
Flax seeds
Chia seeds
Quinoa
Brown Rice
Oats
Algae

Start your day with green tea with a teaspoon of spirulina. At **breakfast** eat quinoa porridge with cinnamon and a mix of chia and flax seeds (soaked from the night before). For **lunch** eat a stew of broccoli, carrots, daikon and kelp and for **dinner**, go back to a warm soup. This time carrots and brown rice can be made for your evening.

Day 3

In the last day the aim is to enhance nutrient absorption by keeping on bringing the healthy bacteria into the intestinal flora and appropriate coatings. The emphasis is on fermented foods for healthy bacteria in the colon and we continue to use unctuous/mucilaginous foods for a clean and moist coating in the lungs and large intestine.

Foods

Same as day 2 with the introduction of:

Tempeh

Miso

Fermented vegetables. Example: sauerkraut, pickles.

Start the day with a miso soup with nori. For **breakfast** try stewed pears with cardamom. At **lunch** try the combination of pumpkin, kale, kombu and mung beans. For **dinner** have grilled tempeh with sauerkraut and barley.

For these 3 days **avoid:**

White flour

White grains

Dairy

Sugar

Alcohol

Processed Foods

Fried Foods

~ 3 Week Spring Cleanse~

Before taking on a Liver or Gall Bladder Spring cleanse, try to give the body a break from any kind of complex and heavy foods, that demand more energy to break down.

Winter is the time to eat more heavier foods, more oils and perhaps more in quantity. It is normal to put on a little extra weight, as this season asks us to stay inside, stay warm and stay more still.

When Spring arrives we need to process all what we have taken in during the Winter season and an effective way to do it, is to take a 3 week challenge to take most of the common "comfort" foods and substances from your diet and introduce the best of what Spring has to offer.

Clear the cupboards and fridge from:

*Fried foods
Fat greasy foods
Alcohol
Caffeine
White flour products
White sugar
Ionized Salt
Meat, especially red meat
Tropical fruits
Dairy
Nuts
Barbecued and smoked foods*



Removing these foods for a period of 21 days will:

Boost your immune system.

Improve your digestive strength and abilities.

Alkalize your body and create a fertile ground for unlearning habits, patterns of poor health conditions, by improving your blood quality.

Help you to feel how your body and mind is affected by socially accepted habits like alcohol and sugar.

Develop a clear mind with clear thoughts

So what to eat then?

- **Fresh green vegetables:** Kale, cabbage, watercress, spring onions, different types of lettuce, bok choy, ruculla and occasionally spinach.
- **Sea vegetables:** dulse, arame, hijiki and kombu
- **Other vegetables:** beetroots, daikon radishes, shitake mushrooms and turnips.
- **Cereals:** Millet, quinoa, couscous, brown rice and barley.
- **Protein foods:** Adzuki beans, mung beans, tempeh and green lentils.
- **Condiments:** Rice vinegar, plum (umeboshi) vinegar or lime and lemon juice.

Pickles and sauerkraut is also advisable, mainly sour condiments to breakdown fats and move the stagnation from the liver. Olive, flax seed or coconut oils for the occasional stir-fry.

- **Fruits:** Apples, green grapes and plums are the best. Also look for what is seasonal, berries are also ideal in this time of the year.
- **Drinks:** Ginger lemon tea, barley tea, bancha green tea, ume-sho-ban (please refer to article previous to this one) and miso soup.
- **Cooking herbs and spices:** parsley, basil, mint, ginger, turmeric
- **Liver cleansing teas:** dandelion root, milk thistle seed, burdock root, fennel, chamomile, peppermint and licorice root.

How to cook these foods?

In Spring there isn't much to cook, foods should have a crunchy texture when you chew them. So try fast cooking methods, which will help enzymes to remain in the food. These are:

Blanching
Steaming
Quick stir-fry with little oil
Raw



What else can you do to help your body:

- *Start your day with a glass of warm water and 1a dozen or so drops of lemon.*
- *Drink water always in between meals, unless you are thirsty before eating. Each person has a different need of water intake but an average of 1.5 to 2lt a day is fundamental when you´re in a cleansing process.*
- *Eat 3 to 4 hours before you go to sleep, so your last meal should between 6 and 7 pm. If you need to eat later, choose to have a bowl of miso soup with seaweed and grated beetroot and carrot.*
- *Chew your food well*
- *Do a yoga practice that emphasizes twists and side stretches as a way of affecting the Liver and Gall Bladder Meridians and help to increase organ function*
- *Go for long walks especially in Nature.*
- *Take 10 minutes in the morning and in the evening to contemplate the changes you are going through ach day. Simply sit and breathe while you watch how energy is flowing through.*
- *Visit street markets, try to buy your food from your local farmers market and enjoy the beauty of Spring in these places, where all the greens are fresh foods and available.*
- *This 3-week period is an ideal time to take also some time to receive, book yourself a massage, shiatsu treatment, reiki or foot reflexology.*
- *Find a way to express what you feel with the changes you´re doing. Either to yourself, to your partner or a friend. Open your voice and express yourself.*



8 Day Spring Cleanse

6 days Preparation
2 days Cleanse



Ingredients:

6 Bottles of 1 Lt biological Apple juice
4 tbs. of Epson salt or carbon Magnesium dissolved in 1 Lt of water, which should be divided in 4 glasses of 250 ml.
½ cup of virgin olive oil (cold pressed)
2/3 of fresh grapefruit juice or lemon+orange combined
1 jar with a lid to mix all ingredients

Preparation

Drink 1 Lt of Apple juice per day over 6 days. You can get biologically certified juice or you can squeeze some apples and make your own. You can feel some gastric or intestinal discomfort in the first 2 days. If the discomfort persists after 2 days you can dissolve the juice in water.

Drink the juice slowly along the day and in between meals. Don't drink it during meals or while you're digesting. Apart from the juice, drink 6 to 8 glasses of water per day (1,5 Lt).

You also should brush your teeth several times a day, to avoid the acidity from the apples to degrade the enamel colouring of your teeth.

Recommendations

During that week avoid fried foods, cold drinks, salads, meat and dairy. You can eat everything else but just try not to stuff yourself.

If you're on medications:

During the cleansing days avoid taking pharmaceutical or illicit drugs, vitamins or supplements, unless they are absolutely necessary. Is important not to give extra work to the liver.

You should always do an intestinal cleanse before and after the liver/gall bladder cleanse. Is important to clean the colon on the 6th day at the end of the cleanse to avoid or minimize the discomfort that might come up.

6th Day (Last day that you drink apple juice)

Drink the apple juice in the morning. You can start drinking as soon as you wake up. If you're hungry in the morning, eat a light breakfast. Oats with hot water are ideal.

Avoid sugar or sweeteners, peppers, milk, butter, yogurt, cheese, ham, eggs, nuts, cakes and cold cereals. Fruit or fruit juices are ideal. For lunch you can eat steamed vegetables or raw vegetables with basmati rice. You may add sea salt.

*Most important is **not to eat proteins**, butter or greasy foods or you might feel really sick while you are cleansing.*

Do not drink anything except water after 1.30 pm, otherwise you may find difficulties with passing the stones.



The Cleanse:

6 PM

4 Table Spoons of Epson Salts in 1000ml of water. Divide in 4 glasses of 250 ml each. Drink the first glass. You can drink some sips of water after just to clear the taste of the salts.

After brush your teeth. You can now prepare de Grapefruit juice, so it will be at room temperature when you finish.

8 PM

Drink the second glass of Epson Salt

9.30 PM

If the intestines haven't started working and you haven't done a colon cleanse, you can do an enema to make the intestines work.

9.45 PM

Wash well the grapefruit and squeeze them by hand. Remove the pulp. You'll need $\frac{3}{4}$ of the glass with juice. Place the juice and $\frac{1}{2}$ glass of olive oil in the jar and close well. Shake for 20 times until is well mixed.

Ideally you should drink the mix at 10 PM but if you think you still need the bathroom, you may delay the process for 10 minutes.

10PM

Stay close to your bed (do not seat) and drink the mix (if possible in one go). Some people prefer to use a straw. Drink with your nose closed might be the best way. If necessary you can eat some honey in between the sips.

*Do not take more than 5 minutes doing this (only elder and weaker people may take longer). **Please lay down immediately.** Is essential for the cleanse.*

Switch off the lights and lay with your belly up, with 1 or 2 pillows under the head. The head should be above the belly. If this is not comfortable you can lay down on your right side with the knees up. Stay at least 20 minutes like this and try not to talk.

You will not feel any pain or spasms, because the salts relax the gall ducts and the bile that is expelled will keep the ducts lubricated. If you can, just sleep.

During the night if you feel like going to the toilet just do it. Watch if there are any green or brown stones floating. You may feel nauseous during the night and/or in the first hours of the morning. The nausea will pass as the morning goes by, is simply the toxins and stones passing through.

The next morning: 6 AM - 6.30 AM

As you wake up (not before 06 AM), drink your 3rd Glass of Epsom Salt. (If you're very thirsty drink some luc-warm water before that)

Rest, meditate or read. If you're sleepy, you can go back to bed but is better if your body is vertical.

8.00AM - 08.30 AM

Drink your 4th glass of Epsom Salts.

10.00AM - 10.30AM

You can drink a natural fruit juice and ½ hour after you can eat some light food.

In the evening or the next morning, everything goes back to normal and you should feel the first signs of improvement of your condition. Keep eating light for the next 2 to 3 days.

Remember that the Liver and Gall Bladder went through a cleansing process so just be aware of it.

Note: Drink water anytime you feel thirsty, except right after the Epsom salt mix and in the first 2 hours of the olive oil mix.



What kind of Results to expect:

During the morning and maybe in the afternoon after the cleanse, you'll go several times to the toilet. Initially some stones mixed with food will pass. After only stones mixed with water. Most stones are greenish and float on the water because they are composed by bile. They can be brown or green. They can have several colors and shapes.

Try to estimate how many stones you expelled. The Liver cleanse requires at least 8 to 12 sessions, which can be done with 1 month in between.

Do not do it more than this!

Do not do the cleanse if you have any acute condition, even if it is a simple flu.

Important Notice:

There are no risks if you follow the instructions.

The intestines have to be working well, otherwise the stones can be stuck in the colon and cause complications. They should be immediately excreted out of the system. A colon cleanse before and after is recommended for this reason. If you don't have the chance to do it, at least an enema should be done.

If the stones get stuck in the colon, they will cause irritation, inflammation, headaches and abdominal pain.

As a reminder, once you started the Liver Gall-Baldder cleanse, you should continue until there are no more stones during 2 cleanses in a row. Is advisable to do one every 6 or 8 months.

If you're intolerable to apple juice:

Cranberry Juice (done for a period of 8 days)

Malic Acid (in powder not capsules) - 1 tsp. dissolved in 1.5Lt of water and drink for 6 days of preparation.

Cider Vinegar - 2 tps. in a glass of water, 4 times a day



Whole Foods Definitions

Cereals or Whole Grains:

There are seven cereal grains: brown rice, millet, wheat, rye, oats, barley and corn. Buckwheat can also be included here, although it is in fact not a true grain, but rather a seed grass, and is a much stronger food than any of the cereals. It is suitable for use in very cold weather. When using whole grains in the form of flour, it is best, where possible, to use freshly ground flour. When whole grains are cracked or ground into flour, they begin to lose much of their nutritive value on contact with the oxygen in the air. Whole grains are invaluable to our diet and should form the base of it.

They provide fundamental vitamins, like vitamin B, minerals like selenium and magnesium, and are all rich in fibre. Fibre benefits the whole digestive tract, especially the intestines, by providing a healthy lining for the intestinal walls, where friendly bacteria can develop and toxic bacteria and viruses can be expelled.

Unfortunately, most grains that are in the supermarkets today do not provide the highest quantities of nutrients. They are deprived of vitamins and minerals, which are lost in the refinement process. White, bread, pasta and flour, besides being very poor nutritionally, also clog the intestines with a glue-like mucous substance and make both absorption and excretion difficult.

When you are buying a grain product always look for something labeled as being whole, organic or unrefined.

*Our diets should emphasize the following **Whole Grains:** Wheat, brown rice, rice bran, amaranth, barley, quinoa, millet, buckwheat, oats, rye, corn, spelt and barley.*

Beans:

Legumes are high in protein which complement those found in grains. Beans for everyday use are: adzuki beans (small red beans close in quality grains), chick peas, lentils (brown, red, yellow and green), and black beans. Other beans should be kept for occasional use, as they are less easily digestible than those listed above.

Soba:

Buckwheat noodles made without eggs can be inexpensively obtained in Asian Food stores.

Udon: Wholewheat noodles made without eggs.

Sea Vegetables:

There are several types available, differing in appearance and taste. These are: kombu, wakame, arame, hijiki, nori (sheets), and agar agar. Agar agar (or Kantan), is a seaweed gelatin, good to use in desserts and some vegetable dishes, it contains no calories. These vegetables can be used in a variety of ways and will quickly become familiar to you. Include them in soups, stews, casseroles, or fried up with vegetables. Cooking beans with a piece of kombu added at the beginning shortens cooking time and aids digestion.

Sea Salt:

Used in most cooking, sea salt alkalizes food, aids digestion by changing the quality of the food, and stimulates the kidneys to expel toxins. There has been much debate and confusion about salt lately. Salt has always been a necessary food for everyone and is particularly important for people having a low level of animal food in their diet. You will also be attracted to salt if very physically active, or after avoiding salt for a long time will find cheese and salted foods more and more tempting. The guides to a salt deficient diet are fatigue or muscular cramps. Grinding of teeth indicates too much salt in the diet. Children and the elderly should have less salt. Salt consumption relates to meat eating, and children and the aged should eat very little flesh. If you don't eat meat, add salt to your cooking or you will feel tired and get sweet cravings. And of course we should all avoid meat.

Oils:

Use unrefined, cold-pressed oils in all cooking. Sunflower oil is suitable for year round cooking. Corn oil is better suited for Summer, and Sesame oil better for Winter cooking. Alternate occasionally with Safflower oil. Using these different oils can completely change the taste of a meal. Olive oil is okay occasionally, delicious in salad dressings, but only use it uncooked as it becomes a saturated fat when heated.

Umeboshi Plums:

These are small plums pickled in brine for 2 years or more. They can be used as seasoning agents in sauces, spreads, etc. They are used as a medicinal food, and are also used when cooking grains. They neutralize toxins and aid your body in expelling them through their action on the liver and kidneys. Use one in addition to salt whenever you cook any grains as this helps rid grains of chemicals.

Tamari:

Naturally brewed soya sauce, aged for at least 18 months. Can be used in place of sea salt in cooking, as a seasoning agent or table condiment. However, when using tamari as a table condiment, because it is too strong to be used alone, it is better mixed in equal proportions with boiling water, and a little grated ginger.

Shoyu:

Is a mild form of Tamari made from wheat instead of being a by-product of miso, and is used as a condiment.

Miso:

Miso is fermented soya bean paste, usually aged for about 2 years. Rich in enzymes and nutrients, it is used mainly in soups. Miso promotes intestinal flora, which produce Vitamin B12. Store miso in a sealed jar, in a cupboard, rather than the fridge, except in very hot, sticky weather. The cold will stop the action of the enzymes.

Gomasio:

Gomasio is a mixture of roasted sea salt and roasted sesame seeds in proportions of 1:12 and 1:15 respectively, ground together in a suribachi. Use as a condiment on grains or vegetables. Gomasio helps to clean and strengthen the blood. When making gomasio, make sure you don't make more than for over a week or so and keep it in a sealed container.

Suribachi:

A suribachi is simply a mortar and pestle with textured interior, making it easier to grind seeds.

Tekka:

is a vegetable seasoning, containing hatcho miso, carrot, burdock, lotus root, ginger root, and unrefined sesame oil. It is delicious as a condiment on grains and vegetables, especially morning cereal porridges.

Kuzu:

is a white thickening agent used in sauces, soups and desserts. Kuzu serves as a similar purpose to arrowroot or cornflour, but is different in quality. Used as a hot drink it works wonders with colds and flu

Tofu: *Curd made from soya beans - high in protein*

Tempeh: *Also a fermented soya bean food.*



Shitake Mushrooms:

These are dried Japanese mushrooms, not to be confused with 'chinese' dried mushrooms. They are hardy, strengthening vegetables. They have these properties because of the way they grow. Unlike common mushrooms, which complete their growth within a few days in a warm, moist, dark environment -

Shitake mushrooms grow out of tree trunks in a very cold climate, taking a few months to do so. So, opposite in qualities, common and shitake mushrooms are also opposite in effect on your body. Eat shitake mushroom in preference - delicious in sauces, soups, with rice, etc.

Daikon:

Long, white radish from 6 inches to several feet long. Use often.

This vegetable is especially helpful in cutting through fats. Delicious in soups (the greens also), grated in salads and for garnishes.

Barley Malt, Rice Malt and Rice Syrup Amazake:

Sweeteners derived from whole grains. Grain sugars are complex and release energy slowly to the body, unlike simpler sugars such as honey or refined sugar. Use these occasionally to sweeten desserts and cakes, etc. Use Amazake in preference.

Bancha Tea: *Undyed tea made from twigs and leaves of the plant. Good to drink daily.*

Bancha-Shoyu: *Teacup of hot bancha tea, to which has been added half teaspoon shoyu. Good tonic after a hard day's work, or anytime.*

Mugi tea: *Very good and cooling for summer, this tea is made from roasted barley.*

Mu Tea: *Herbal beverage containing many plants, usually including ginseng. This tea is very supportive for wintertime.*

Dandelion Root Coffee: *This is a tasty alternative to coffee. It is good food for the liver.*

Yannoh: *Is an even more delicious alternative to coffee.*

THE MAIN FOOD GROUPS

VEGETABLES

To keep it very simple, Root vegetables like beetroot, carrot, sweet potato and pumpkin are strengthening for the body and promote the growth of cells and tissues.

Green leafy vegetables (spinach and kale) are more known by their cleansing action and high content of vitamins and minerals, like iron, calcium or zinc.

Pungent vegetables, like onion and garlic, have less nutritional content but are great for stimulating digestion and regulating the acid and alkaline ph balance of the body.

FRUIT

Just like vegetables, fruit should be abundant in our diets. They provide natural sugars that make us crave less for sweets. They are easily digestible and mostly alkaline and of course are packed with vitamins, minerals and fibre.

Fruit should be eaten alone, as they ferment in the stomach. Eat sour fruits in the morning and sweet fruits in the afternoon.

Sour and citrus fruits are detoxifying and break down fat, which makes it ideal if that is the outcome you need, but not if you are trying to maintain or gain weight. In winter, the intake of fruit should be limited due to the expansive effect on the body.

LEGUMES (Beans, Peas and Lentils)

These are the basis for a vegetarian diet. Rich in protein, they are the main substitute to animal protein foods. They are also rich in fat and carbohydrates and a great source of potassium, calcium, iron and B vitamins. They promote the growth of the body and assist with brain function. Some legumes, like kidney beans or black beans, are strengthening for the kidneys.

Some people have trouble digesting legumes, which in most cases is related to the preparation method. Legumes need to be soaked in water and cooked with spices and oils that counter balance their dryness and heaviness. Sesame oil and spices like turmeric, cumin and black pepper work well. Mung beans are the most easily digestible. Like grains, choose **legumes** that are whole and organic. Some examples are:

Adzuki beans, black beans, kidney beans, chickpeas, black eyes peas, lentils, lima beans and dhal (split lentils). Tofu, tempeh, miso and seitan are also from the legume family but are cooked with different methods.

NUTS AND SEEDS

These are small but powerful foods. They pack inTO their small structure the healthy oils, like omega 3 fatty acids and are great sources of vitamin E, a nerve protector and immune booster antioxidant.

Nuts and seeds should be eaten in small quantities due to their high fat and protein value. A good way to look at them is as a Super Food, foods that only need to be consumed in a small amount.

The best way to eat them is soaking them overnight and / or roast them so more nutrients can be released and are easily digestible. Seeds are lighter than nuts. Nuts and seeds are the Essence of plants. This is the reason why they are so powerful, but be aware that they are susceptible to pesticide accumulation. Even though it "is more expensive try to buy organic.

Almonds are considered the Queens of this group of foods, as they are fuel for a healthy immune system and are the only nut that alkalizes the blood. All the others are acidic.

Black and white sesame seeds, pumpkin seeds, sunflower seeds, chia seeds, flax seeds, pine nuts, brazil nuts, walnuts, pistachio and cashews all help us to maintain great vegetarian diets.

FATS AND OILS

Oils are just the liquid form of fat and both are essential for protecting the vital organs, generating heat in the body and providing a protecting coating for brain and nervous system. Fats are also necessary for assimilation of vitamins A, D, E and K. Fats also build tissue by enhancing fluid metabolism and direct nutrients to the nervous system. They play an important role on hormone production.

The key is to choose fats and oils that are poly or monounsaturated, low in cholesterol, unrefined, rich in omega 3 and cold pressed.

Saturated Fats, found in animal products and Trans fats, found in processed foods, can cause high cholesterol issues and are generally unhealthy on the body.

The best are sesame oil, olive oil, flax seed oil, pumpkin seed oil, chia seed oil and ghee. You can also take supplements or eat nuts, seeds, and fish like salmon, sardines or tuna.

HERBS AND SPICES

These foods are considered as medicine. Small amounts can be used as a food antidote, or to balance food combinations, and to increase enzyme production and maintenance.

Herbs and spices really need to be used according to their thermal nature and the state of the individual. Some herbs, like mint or coriander, cool the body temperature and other spices, like cinnamon and cumin, provide warmth.

WHOLEFOOD COOKING TIPS

COOKING

Cooking is used to rid vegetables of impurities such as worms and through the addition of salt balance out harmful chemicals. Furthermore, cooking makes food digestible. Avoid cooking food over a high flame. The flame should be high only at the beginning until boiling point is reached, then turned to low for simmering.

CHEWING CHEWING CHEWING

The digestion of grains and vegetables occurs mainly in the mouth by breaking down carbohydrates. Chewing activates other secretions for digestion, and allows you to be calm and focused while enjoying your food. Chew each mouthful fifty times and you will feel quite different after eating a meal in this way. You will find that you don't overeat, by their taste you will know which foods are correct for you. Chewing also promotes peristalsis.

SWEET CRAVINGS

Sweet cravings are satisfied by chewing properly and cooking your food correctly. This leads to easy digestion and assimilation of complex carbohydrates. Try chewing a mouthful of grain for a long time and you will feel it turn into sugar in your mouth.

Chew well, cook your food, and you will notice that the food prepared at home has a far greater impact on you than the meals served in restaurants. This is a result of the attention and love put into the food in its preparation.

There is more involved in getting the most from what you are cooking and eating than the just the plain nutritional values of the food. Taking time to make eating a sweet time of the day will harvest more energy and vibrate throughout deeper parts of your experiences in life

SUGAR

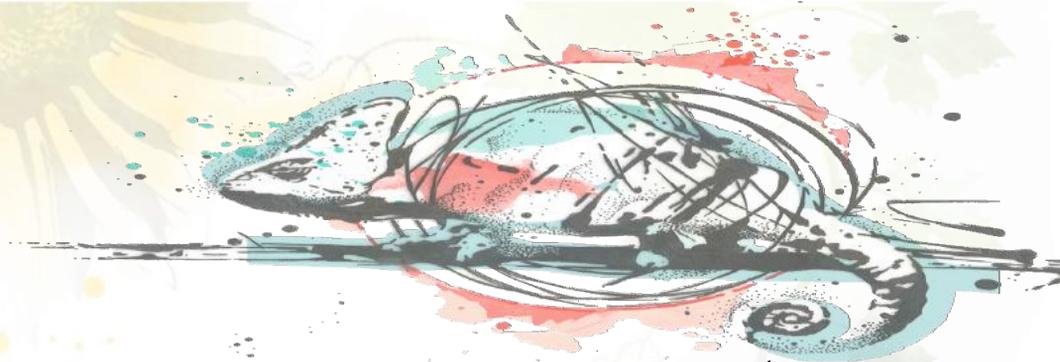
The sweet taste is one of the most misunderstood tastes in our society. We associate sweet with sugar, even worst, refined sugar. Sweet gives us satisfaction, makes us feel alive and energized. A balanced healthy diet should have plenty of grains, pulses, fruits and nuts. All this items are sweet in taste and when properly chewed, give the body a great sense of stability, fullness and satisfaction. Refined sugar on the other hand, has the opposite effect and the only thing that it offers us, is a temporary "high", followed by a sudden low period. Sugar consumes our own vitamins and minerals to break itself down and so has a very harmful effect when over used for longer periods. In refined sugar 98 % of chromium, that is present in sugar cane, is lost. This mineral is vital for keeping the blood sugar level stable.

It is fundamental that we learn how to bring sweetness into our diet without refined sugars.

How to maintain our blood sugar levels in a balanced state:

- Keep a super alkaline diet*
- Give yourself 1 month without sugar, caffeine or chocolate*
- Use the support of minerals and vitamins like:
Vitamin C, B complex vitamins (especially B6), calcium, magnesium and chromium*

Increase the intake of carbohydrates, as they provide a release of energy that is steady and gradual while they are being digested.



UTENSILS

To cook food, use stainless steel, porcelain, enamel, cast-iron, glass or clay pot in preference to aluminium, which is toxic to the body. The use of wooden implements for stirring, avoids damage to pots and food.

PREPARATION

Always thoroughly wash grains and cook beans according to instruction, to remove any chemicals used in storing. The most efficient and gentlest way to do this is by placing the grains in a bowl of water, swirl with your hands, and pour off the cloudy water. Three or four rinsings should be enough. Wash different grains and beans separately. This form of involvement with your food puts you in tune with each cooking stage, for example, you will know just how much salt to add when cooking!

TEMPERATURES

When dry-roasting grains, flours, or seeds, you may start with a cold skillet or saucepan. When sautéing, preheat the pot or pan until a drop of water sprinkled on its surface will dance before evaporating, then coat the pan evenly with oil. By the time the oil spreads evenly over the surface of the pan and you reach for your ingredients, the oil will be hot enough to cook with. If the oil smokes, both oil and pan are too hot. Sautéing serves the purpose of sealing in the flavor of the vegetables and preserves it during further cooking.

When rice and grains are properly cooked, the bottom of the pan should be slightly scorched. The rice that has settled to the bottom and been closest to the flame is heavy and rich in minerals. Therefore, the rice at the top and bottom are of different qualities. At the end of cooking, gently mix these two together, replace the lid and allow to settle for a few minutes before serving.

ORGANIC VEGETABLES

Of course, where possible, it is better to use vegetables which have been organically grown. Organic vegetables should not be peeled. Instead, scrub them well in water using a vegetable brush.

VEGETABLES TO AVOID

There are a few vegetables which should not be eaten. These are **potatoes, tomatoes, capsicum and eggplant**. They are related to the nightshade family of plants and contain substances considered harmful to the body over a period of time. For example, tomatoes have a very high ratio of potassium to sodium, and a high level of oxalic acid. Oxalic acid is responsible for leaching calcium from the bones, thus creating a large imbalance. Please avoid eating these vegetables.

Use salt with care in cooking. Too much can cause irritability and excessive thirst. Too little can cause lethargy and tiredness. Children and aged people need very little salt. With grains and fruit, salt should be added at the beginning of cooking. For vegetables, add salt during the first half of the cooking time. For beans, add salt during the last half of the cooking time, once the beans have had a chance to soften. Always cook beans with a piece of kombu added at the beginning. This will shorten cooking time and aid digestion.

EATING LATE:

To ensure a restful night's sleep, avoid eating for 3 hours before bed.

FOOD PREPARATION:

Above all, be relaxed and calm when preparing your food. This will show in the meals you provide. This of course develops naturally as your health improves.



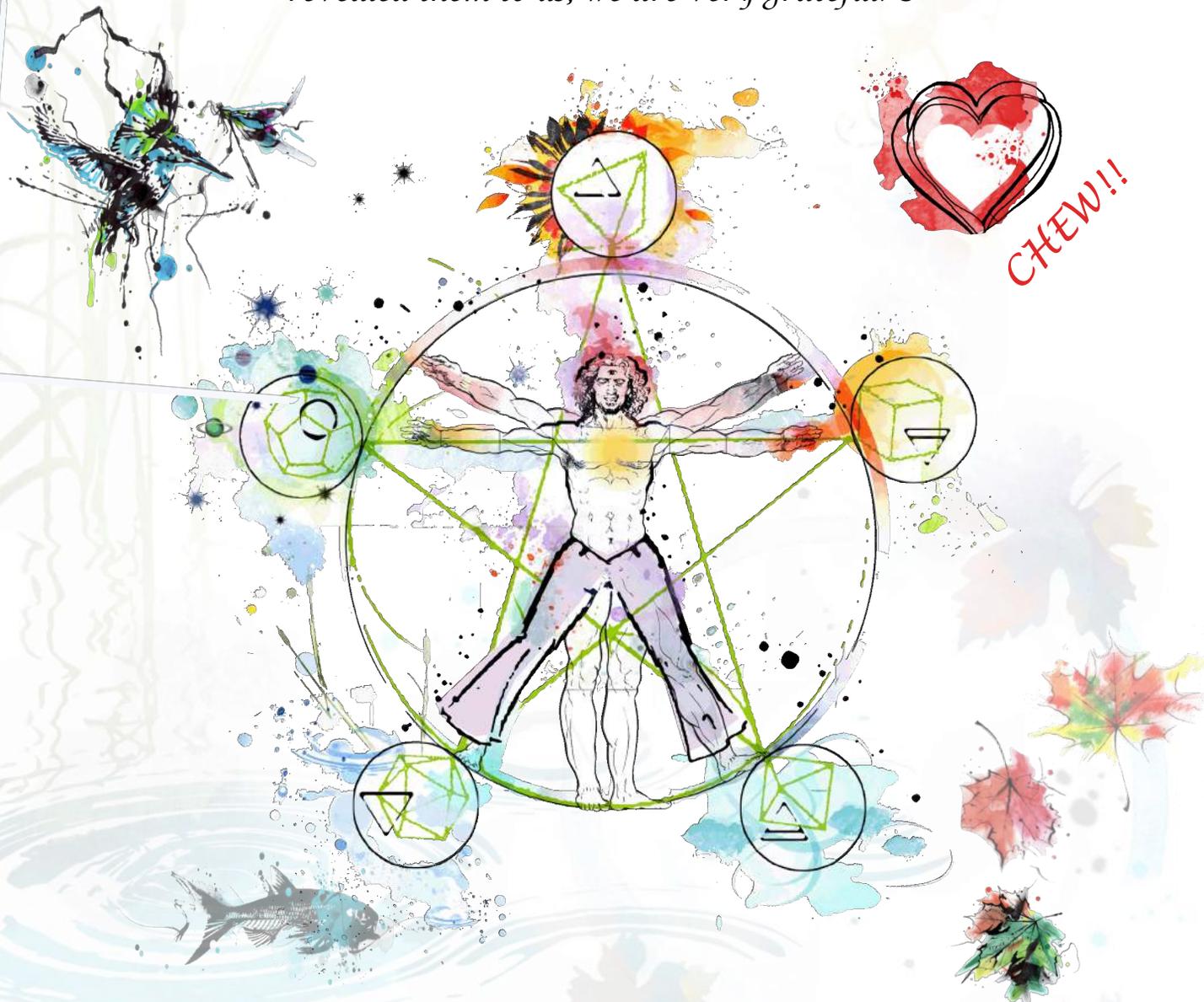
Thanks

In putting together this little book, I would like to say thanks

To Andre, for the inspiration for sharing free information about healthy food, and the recipes that will certainly help those who take the time to enjoy them.

*To Ania who's stunning talent and artful interpretations of my work with the 5 Elements is impossible to match with gratitude,
To Summer, for the light heart, soft eye and the natural patience to bring it all to life!*

Many of the ideas in here belong to traditions and to those who have revealed them to us, we are very grateful. ☺



The Elemental Yoga School



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