

The Natural Epicurean

Academy of Culinary Arts

The Origins of Disease - The Road to Recovery: A
Weekend Seminar with Morgan Jones
Saturday Breakfast – 10/2/2004

Copyright © 1998–2004 by
The Natural Epicurean Academy of Culinary Arts
1701 Toomey Road
Austin, TX 78704 USA
512/476-2276 (512/47-MACRO)
www.NaturalEpicurean.com • info@NaturalEpicurean.com

Menu

Rice Kayu with Rice Cream

Shiguri Miso Condiment

Blanched Collards with Ume-seasoned Red Radishes

Takuan (Rice Bran) Pickles

Rice Kayu with Rice Cream

Cynthia Briscoe, Macrobiotics America
Good Morning Breakfast Book, A. Kushi & W. Esko

1072

Yield: 2 servings

1 cup organic brown rice, washed and soaked 3–6 hours (or overnight)

1/8–1/4 cup Rice Cream Powder

5 cups spring or filtered water

1 pinch unrefined sea salt, SI brand recommended

Directions

Follow the directions in *Washing & Soaking Rice* to prepare your rice for cooking.

Prepare the *Rice Cream Powder* as per the recipe.

When you are ready to cook the rice kayu, place the washed rice in a heavy pot. Add the *Rice Cream Powder*, water, and sea salt. Cover pot and bring to boil on a high flame. Place a flame tamer under the pot, lower flame to medium-low, and simmer for 60 minutes. Stir gently before serving. Serve while hot.

Washing & Soaking Rice

*Vega Study Center, Class Handout
Cornellia Aihara*

255

organic rice

spring or filtered water

Directions

Measure rice into a bowl. Wash the rice by covering with spring or filtered water. Pour water off through a strainer to catch any rice which falls out. Gently *scour* rice by stirring it with your hand in a rhythmic motion 3 times around the bowl and then pressing down in a kneading motion with your knuckles. Do this scouring procedure 3 times. Add more washing water to the rice and then strain off the water. This scouring method removes a small amount of bran (that could be stale) from the rice, thereby freshening the taste. Repeat this washing process until the water is fairly clear (usually 3 rinses).

Drain the rinsing water from the rice and add 1 1/4 cups of fresh spring water per cup of grain (or the amount of water specified in your recipe). Place a bamboo sushi mat over the top of the rice and let soak for 6–8 hours or overnight before cooking.

Variations

- ✓ Use this technique for any grain that is similar in structure to rice (i.e. barley, hato mugi, whole oat groats, wheat berries, spelt berries, etc.)

Comments

Remember that you will cook the rice in its soaking water, so be sure to soak the rice in the correct amount of water specified in your recipe.

Rice Cream Powder

Vega Study Center, Class Handout
Cornellia Aihara

315

Yield: 2 cups

1 1/2 cups organic short grain brown rice

Directions

Heat up a cast iron frying pan on top of the stove.

Place one layer of rice in the pan, about 1/2 cup. While stirring constantly, roast the rice over a high flame until it turns a little yellow, then reduce flame to medium and roast until it becomes fragrant and turns golden brown. Pour the rice into a bowl and repeat until all the rice has been roasted.

In a grain mill (or possibly a blender), grind the roasted rice to a coarse powder a little at a time.

Comments

You can keep the roasted rice (not yet ground) in a sealed glass jar in the refrigerator for later use.

After grinding the roasted rice, you should use the rice cream powder immediately.

Shiguri Miso Condiment

Vega Study Center, Class Handout

335

This condiment is good for improving circulation. It is very warming and very alkalizing. The ginger adds dispersing (yin) energy to the very yang energy of the other ingredients.

Yield: 25 servings

- 1 cup organic burdock, minced*
- 1 cup organic lotus root, minced*
- 1 cup organic carrot, minced*
- 1/2 cup organic sesame oil*
- 1 1/2 cups organic barley miso*
- 1 tablespoon organic sesame butter*
- 1/3 cup organic ginger, minced*

Directions

Heat oil in a cast iron Dutch oven. Add each ingredient—one at a time in the order listed below—to the sesame oil and sauté for 5 minutes before adding the next ingredient:

- 1 burdock
- 2 lotus root
- 3 carrot
- 4 miso
- 5 sesame butter
- 6 ginger

Blanched Collards with Ume-seasoned Red Radishes

1059

Cynthia Briscoe, Macrobiotics America

Yield: 5 servings

spring or filtered water

1 pinch unrefined sea salt, SI brand recommended

1 bunch organic collard greens, leaves separated from stems, stems sliced into thin rounds, leaves in 1-inch slices along leaf veins

1/2 bunch organic red radishes, thinly sliced

1 teaspoon organic umeboshi vinegar

Directions

Bring several inches of water to a boil in a large pan over high heat. Add salt. Cook collard leaves 1–2 minutes, uncovered. Lift leaves out of the water with a skimmer and drain in a colander or strainer which has been placed over a bowl. Spread thinly to cool, then remove to a serving bowl.

Boil the collard stems in the same water, 2–3 minutes. Lift out and drain, then remove to the serving bowl when cool.

Boil the red radishes 1–2 minutes, lift out and drain. Place radishes in a small bowl and sprinkle with umeboshi vinegar. Gently mix and let sit several minutes. (The umeboshi vinegar helps to prevent the red color from fading, and adds a refreshing flavor.)

Mix the red radishes with the collard leaves and stems, and serve.

Comments

When making this salad, boil each vegetable separately. All vegetables may be boiled in the same water. Cook the mildest tasting first, so that each retains its distinctive flavor. Vegetables should be slightly crisp but not raw. In order to keep its bright color, each vegetable should be run under cold water while in the strainer.

Takuan (Rice Bran) Pickles

Natural Epicurean Class Handout

1079

Macrobiotic salt pickles (rather than vinegar pickles) are essential for providing the friendly flora to repopulate the intestines. These good bacteria aid in digestion, especially of grains.

Yield: 15 servings

5 ounces packaged organic takuan pickle

Directions

Open package and remove pickled daikon with a clean utensil. Slice off the portion you wish to use within the next few days. Place the unused portion in a clean container and place in refrigerator. (Because these pickles are alive with good bacteria, it is important not to contaminate the unused portion with undesirable bacteria from your hands, as these will cause the pickle to spoil in a week or two).

Cut the portion of pickle to be used into thin slices. Serve 2–3 slices per person as an aid to digestion and for flavor and variety.