



THE TASSAJARA FOOD TRIP

Dedicated...

with feelings of great compassion to all those beings in the six worlds who have ever lived, and who are destined to live, and especially who are now living and suffering in the realm of the hungry ghosts. "To be free from clinging we must be free from greed."

"Love is not only the most important ingredient; it is the only ingredient which really matters."

(An old sign on the kitchen wall)

"For truly, no one can reach the Heavenly Father unless through the Earthly Mother."

The Essene Gospel of John

Traditional religions teach the importance of the proper selection, preparation, and manner of eating of food.

The recipes in this cookbook have been collected during the past eighteen months at Zenshin-ji: Tassajara Zen Mountain Center. Many of them have been developed by the student cooks here as we continue to experiment with our diet and its effect on our practice. The recipes toward the beginning of each section of the book are the most commonly served at Tassajara, and the simplest, while those at the end of each section are fancier and generally reserved for holidays and ceremonial occasions. Likewise, the types of food in the sections toward the beginning of the book, such as grains and vegetables, are the daily basis of our diet, our principal foods, while those toward the end of the book, such as treats and spreads are more for pleasure. Since we do not use meat, fowl or fish, they are not found in the recipes that follow. Although we do use some raw sugar, particularly in treats, only honey has been used in these recipes.

At Tassajara our diet is vegetarian, consisting of approximately 50% grains - chief among these brown rice -, and 35% cooked vegetables and beans - especially soybeans and lentils. These are perhaps the most important facts to know about our food trip. The final 15% consists of fresh or pickled vegetables, seeds and nuts, seaweeds, fruits and dairy products.

On special occasions between mealtimes we are served tea and a treat, often using raisins, dates, apples, or a relatively small amount of honey from our own bees as sweetening rather than sugar. Even vegetables such as baked pumpkin, acorn or butternut squash, or aduki beans are quite sweet.

However it is difficult to completely kick the sugar and sweets habit and even though the body and higher judgment say "No!", the mouth and sensual judgment say "Sock it to me!" So sometimes the

kitchen will put together a greed arousing richie with sugar and spices, and since it is the Buddha's way to take whatever is offered, as well as for other less impressive and pious reasons, most everyone will have some... or maybe lots.

But afterwards those who, indiscriminately practice non-discrimination, have partaken abundantly, or those whose bodies respond to sweets as most bodies respond to poisons - after months or years of avoiding sugars and sweet things - may find their karma quickly repaid and get mercilessly sick, or feel their body and brain accelerate as if they are on "speed", or just feel their legs tighten up later during sitting meditation, zazen. And they may each vow never to do such a foolish and greedy thing again - if they are not onto trying to accept themselves and their total life situation from moment to moment -. They know, however, that if someone were to offer them another treat at that very moment that they were formulating a vow and in misery, they would probably take it. As the Lotus Sutra teaches: "When creatures in this world delight in low and contemptible pleasures, then the Chief of the World, who always speaks the truth, indicates pain as the first great truth."

We generally eat simple, natural, whole foods which have not been industrially processed and which contain no chemical additives and preservatives. However, for example, we sometimes serve margarine as an optional spread with bread at lunch and we buy some commercial vegetable oils which are relatively inexpensive but which have preservatives added. Roshi says that when he goes to buy vegetables he always takes the worst one because he feels sorry for it. And since Buddha, when begging, would eat anything he was offered, even the poison which killed him, some say we should not become attached to being too pure and discriminating about our food trip.

Our gardens provide many fresh vegetables and herbs which are organically grown with homemade compost, imported truckloads of horseshit and chickenshit, and loving care from the garden workers. We use no insecticides or chemical fertilizers.

This diet, based on grains and cooked vegetables, is quite closely related to the food of most traditional societies and especially to the millenia-old regimen of Japanese and Chinese communities practicing the Buddha's Way. It is much less like the diets of tropical or desert wayfarers such as the yogi diet of India or Jesus' food practice followed by the Essene communities around the Dead Sea, since their climatic conditions, soil, and vegetation are so much different from ours, while those of Japan and China are quite similar. Nevertheless, our diet has been adapted through ongoing experimentation to our particular nutritional, climatic, cultural, and ecological needs and background. It is intended to provide adequately for our work energy and protein needs, to help develop a limber, relaxed, and healthy body, and an attentive, calm, sensitive mind.

Indeed, as Hippocrates said: "Thy food shall be thy medicine." It is of the greatest importance to the feeling of our daily practice. As each of our bodies is the result of our karma, we must learn how to maintain balance and moderation with food, and how to cure ourselves.

In the kitchen is a small altar on the wall. Nearby in italic calligraphy is written: "Handle the silence with care."

The student cooks offer incense to this altar and bow to the altar and to each other before beginning to prepare a meal and before taking food out of the kitchen to be served in the zendo or meditation hall. After night zazen at the end of each day before going to bed the kitchen crew meets together here to bow once again. In such an atmosphere an attitude of mind can develop which is essential to the preparation of good food to develop the highest judgment. We must continually remember and rediscover what we are doing here, where all work is seen as a form of meditation and as an offering.

The total consciousness or "vibrations" of the cook are transmitted to the food he prepares and to those who eat it. When we work and practice, we practice for everyone in our mutual interdependence. In Japanese monasteries only the older students with excellent judgment and the strongest practice are chosen to guide the food preparation. If a cook is skilled in combining healthy foods in the proper proportions, if he is centered and silent within as he works, if he is completely present with the sound of the wide-blade Japanese vegetable knife as it cuts down through a fresh carrot, if when kneading bread, he is just kneading that bread with "whole body and mind", then we and all sentient beings benefit greatly from his work as alchemist of the community and from his love. At the end of each meal before leaving the zendo each student bows in gratitude to the head cook.

As the meal begins, the sounding of the great wooden Buddha Drum shakes the zendo. An offering of food is made to the altar, placed before an ancient wooden statue of the Bodhisattva Maitreya surrounded by incense, candle, and flowers. The rifle-shot "crack" of the two hardwood clackers struck together begins the group chanting: "In the midst of the three treasures with all sentient beings, let us recite the names of Buddha..."

Meals are served in an atmosphere of formality and beauty. There is no talking. In silence we try to give full attention to the meal. However for some, especially newer students, pain in the back or legs from long periods of sitting zazen or sitting for meals distracts from mindfulness on eating. Dogen Zenji, the founder of the Soto school of Zen in Japan, taught the importance of doing one thing at a time: When sitting, just sit; when eating, just eat.

We take our meals sitting with the back upright and relaxed (usually) in lotus position on a meditation cushion (zafu) placed on tatami mats at floor level. Each evening the zendo is lit by the flames of kerosene lamps. A stream runs just outside which turns to a torrent in Winter and is softer than the crickets in Summer. On crisp autumn nights the steam rises from the wooden crocks of hot brown rice as the servers, holding the crocks high, walk down the two long aisles to bow to the altar before serving. In the Spring there is the fragrance of flowers, of incense, and the smell of hot miso soup.

But when the cold is sharp and falls below freezing, and the snow which covers the ridges north of our deep valley blocks the Tassajara road for months at a time, we may shiver in the unheated morning zendo, and food is our warmth. And at those times when we

must sit at meals with almost unbearable bodily pain, or the suffering of our own loneliness or sorrow, emptiness or anger, fear or despair, more from greed than from appetite, we may try to fill that inner void with food that has lost its taste, still knowing that a fire cannot be extinguished by pouring gasoline on it. And at those times when the mind is completely still, the stream and our own rhythmic breathing flows within us and fills us. And each particular sound as we are eating stands forth clearly from this great ground of silence.

Each student has a set of three nested eating bowls called "oryoki" in Japanese. Historically they evolved from the Buddha's begging bowl and are wrapped in white cotton cloth with chopsticks, spoon, cloth lap-napkin and drying cloth. The oryoki is opened and used with the same feeling and care for detail found in the Japanese tea ceremony.

No tea is served with the meal although we do drink tea each morning before breakfast during an hour-long study period and each afternoon in a break from afternoon work. (We work about three hours each morning and three hours each afternoon.) Also during a Sesshin we have a formal tea at midmorning each day and a final tea to close the Sesshin. (A Sesshin takes place at the end of each of our practice seasons, Summer, fall and Spring. It is seven days of silence and uninterrupted zazen (sitting meditation) from 4:00 a.m. until 9:15 p.m. each day.)

For liquids, hot soup is served with lunch and dinner and one may also drink a portion of the hot water, served after we have finished eating, with which each student washes his bowls before retying them in cloth. As a condiment for the grain dishes, gomasio (sesame salt) is served in a separate dish with breakfast and dinner.

Of greatest importance is to eat a moderate amount. Quantity spoils quality. Eating too much is the worst thing a person can do with respect to food. Roshi says to take 80% of what you imagine you need. In the Essene Gospel of John, Jesus teaches: "And when you eat, never eat unto fulness. Flee the temptations of Satan, and listen to the voice of God's angels. For Satan and his power tempt you always to eat more and more. But live by the spirit and resist the desires of the body. And your fasting is always pleasing in the eyes of the angels of God. So give heed to how much you have eaten when you are sated, and always eat less by a third."

It is equally important to chew each bite slowly and thoroughly until it is completely liquified and melts from the mouth without swallowing. "You must chew your drink and drink your foods," said Gandhi. Chewing is especially important with all grains since their digestion must begin in the mouth with enzymes in the saliva. Many students chew each bite of brown rice 50-150 times. The longer grains are chewed, the sweeter and more delicious they taste, and the more easily and completely their energy can be assimilated by the body.

Fasting is not generally practiced except, in some cases, to help cure sickness. Each student must find a balance between eating enough to provide for the energy needed to do our daily

work, yet eating moderately enough to maintain a light, clear feeling in body and mind. Jesus advised an initial seven day purgative fast for the sick and a regular weekly fast each Sabbath which, with a day of prayer, would bring perpetual physical and spiritual renewal. By trying to eat with moderation and flexibility, students at Tassajara undergo a slow, gradual change from the body and mind that results from our common cultural diet high in meat and sugar and low in grains. (According to the 1968 World Almanac the average American is now consuming 220 pounds of meat per year and 97.9 pounds of sugar. The sugar is 6.5% of the total diet and does not include the sugar found in canned foods. In America, grains, the traditional principal food of man, have reached a low of 9.5% of the total diet, and the largest item included is wheat flour. Fifty years ago the American diet was over 50% grain and about 10% animal foods. Today these figures are reversed. China eats approximately 60% grains; Japan 50%.)

It is easier to alternate between fasting and bingeing than to follow the middle way of sustained moderation. Eating less and less is often what we do before eating more and more.

The principal of No-Waste is basic to zen. Every other morning we have a gruel as the main dish in which all of the unused leftovers, grains, vegetables and soups are mixed together and heated up. It is a popular and delicious dish. Any of this gruel which is leftover is made into "gruel bread" by simply combining the gruel with whole wheat flour and baking. All vegetable trimmings are put into a pan for soup stock and then sent to our large compost piles which eventually return to the garden. Even napkins are carefully sent to the compost instead of being burned. Breadcrumbs are saved and used in soups and as croutons and the scrapings from the breadboard are put into the next gruel. By eating grains which are not milled we do not waste the bran layers which are rich in vitamins and minerals. By chewing well we do not waste the energy from each single grain and vegetable.

In The Training of a Zen Buddhist Monk, D.T. Suzuki writes: "Therefore the most basic principle in Zen temples is No-Waste. It is not uncommon for a priest who finds a single grain of rice on the kitchen floor to scold the cook severely."

The story is told of a master who, hearing of a wise man living in the mountains, wished to visit him. As he followed a stream leading to the man's cabin he noticed a vegetable leaf floating toward him. He turned around and went home.

It is surprising how often food is the topic of conversation at Tassajara, and of inner dialogue. "Shall I take 1½ or 2 ladles of hot rolled oats. I must leave room for seconds on carrots and toasted wheatgerm. But I ate a small dinner last night and will probably have to dig in the garden today which will take a lot of energy. If I take plenty I won't be thinking about food and give my full attention to the work. Yes, but if I take less like Roshi says is better, I will feel better about my practice. I fool myself by thinking I need more when to make my best effort from moment to moment would be to take less. I must face this fear of not having enough. Yes, but you must accept yourself from moment to moment. Why do I always have to make plans like this? I'll watch and see what I do when the server arrives.... I knew I'd take more but it's o.k. because, as the Lotus Sutra teaches..."

Maybe food is our love substitute. Many experience their own greed for the first time at Tassajara. Here the multitude of stimuli and the variety of diversions which ordinarily occupy the mind in the whirl of mundane, samsaric existence are suddenly gone, and replaced by nothing but the relative silence, the structured repetitive schedule, and the still choiceless awareness of things as they are from moment to moment at the eternal intersection Here-Now. The small mind, being thought, in seeking activity may grasp for thoughts about food and eating. It is difficult at times to see pettiness and greed for what they are.

Gradually we learn to taste with the entire body rather than just the tongue. Once the palate becomes sensitive to the rich, natural, and rather subtle flavors of simple, whole foods, nothing else can bring the complete satisfaction of this diet. Spices, seasonings, and sweetenings are used more delicately and less frequently.

Most communities and households, including Tassajara and the household Earth, wish to eat well but inexpensively. Our food costs average about 48¢ a day per student. Each may eat as much as he wishes. When purchased in 100 pound lots, the cost per pound of our basic foods is: whole wheat flour 11¢, brown rice and rolled oats 12¢, lentils and carrots 14¢, soybeans 16¢.

A TYPICAL DAY'S MENU

<u>LARGE BOWL</u>	<u>MEDIUM BOWL</u>	<u>SMALL BOWL</u>
BREAKFAST:		
Rolled oats boiled #14	Soybeans #77-83	Pickles #76, 118-120
Rice cream #12-13	Garbanzo beans #90	
Cornmeal #24-25		
Gomasio #2		
BREAKFAST, alternate days:		
Hot gruel #37	Fresh fruit	Carrots #57-58
Gomasio #2	Dried fruit	Yams #55-56
		Eggs hardboiled
LUNCH:		
Bean soup #101-110	Noodles #27-28, 31-32	Bread #38-51
Vege. soup #111-117	Salad #91, 93, 94	Spread #131-142
DINNER:		
Brown rice #1	Miso soup #96-97	Vegetable #55-75
Gomasio #2	Wakame soup #98	
	Other soups #99-100, 112	

In these recipes t. = teaspoon; T. = Tablespoon
 See the glossary, p.62, for definitions of new words
 Try not to use these recipes rigidly. They are a starting point for creative experimentation. Try varying the ingredients, cooking time, amount of salt, pressure, herbs and liquid.
 Express your gratitude toward food by preparing it with love.

Thus, there is sensual eating and wise eating. When the body composed of the four elements suffers the pangs of hunger and, accordingly you provide it with food, but without greed, that is called wise eating. On the other hand, if you gluttonously delight in purity and flavor, you are permitting the distinctions which arise from wrong thinking. Merely seeking to gratify the organ of taste without realizing when you have taken enough is called sensual eating... Realize that though you eat the whole day through, no single grain has passed your lips; and that a day's journey has not taken you a single step forward. Uniformly abstain from such notions as 'self' and 'other'.

from The Zen Teachings of Huang Po

Of all disciplines, food-discrimination, i.e. partaking of only sattvic -pure, vegetarian food-, and in moderate quantities, is the most important. By means of this, the mind is rendered more and more sattvic, or pure, and self-enquiry more and more effective.

from Who Am I? by Ramana Maharshi

For your God knows well what is needful for you, and where and when. And he gives to all peoples of all kingdoms for food that which is best for each...

Eat not as the heathen do, who stuff themselves in haste, defiling their bodies with all manner of abominations.

For the power of God's angels enters into you with the living food which the Lord gives you from his royal table. And when you eat, have above you the angel of air, and below you the angel of water. Breathe long and deeply at all your meals, that the angel of air may bless your repasts. And chew well your food with your teeth, that it become water, and the angel of water turn it into blood in your body. And eat slowly, as it were a prayer you make to the Lord. For I tell you truly, the power of God enters into you, if you eat after this manner at his table. But Satan turns into a steaming bog the body of him upon whom the angels of air and water do not descend at his repasts. And the Lord suffers him no longer at his table. For the table of the Lord is an altar, and he who eats at the table of God, is in a temple. For I tell you truly, the body of the Sons of Man is turned into a temple, and their inwards into an altar, if they do the commandments of God. Wherefore, put naught upon the altar of the Lord when your spirit is vexed, neither think upon any one with anger in the temple of God. And enter only into the Lord's sanctuary when you feel in yourselves the call of his angels, for all that you eat in sorrow, or in anger, or without desire, becomes a poison in your body. For the breath of Satan defiles all these. Place with joy your offerings upon the altar of your body, and let all evil thoughts depart from you when you receive into your body the power of God from his table. And never sit at the table of God before he call you by the angel of appetite.

...For your eyes are used to darkness, and the full light of the Heavenly Father would make you blind. Therefore, you cannot yet understand that which I speak to you concerning the Heavenly Father who sent me to you. Follow, therefore, first, only the laws of your Earthly Mother, of which I have told you. And when her angels shall have cleansed and renewed your bodies and strengthened your eyes, you will be able to bear the light of our Heavenly Father.

from The Essene Gospel of John

THE TASSAJARA FOOD TRIP	p. 1
A TYPICAL DAY'S MENU	6
I. GRAINS	8
BROWN RICE	
OATS	
WHEAT	
BUCKWHEAT	
CORN	
II. NOODLES, PANCAKES, GRAINBURGERS AND GRUEL	19
III. BREADS, MUFFINS, CRACKERS	21
UNYEASTED BREADS	
YEASTED BREAD	
MUFFINS (and others)	
IV. VEGETABLES	28
V. SEA VEGETABLES	34
VI. BEANS AND SPROUTS	35
SOYBEAN PRODUCTS	
AZUKI BEANS	
GARBANZO BEANS	
PINTO BEANS	
SPROUTS	
VII. SOUPS	41
VIII. PICKLES	46
IX. BEVERAGES	47
X. SPREADS	51
XI. TREATS	53
TREATS REQUIRING NO COOKING	
TREATS REQUIRING COOKING	
BUYING WHOLE FOODS ... and BOOKS TO READ	59
APOLOGY	60
STAPLE FOODS USED IN THIS COOKBOOK	62
GLOSSARY	63

I. GRAINS

Throughout much of man's history he has worshipped grain as the sacred source of his life. The Corn Mother is still revered today by the Hopi and the Japanese place rice on the altar as offerings to the Shinto gods or to the Buddha. Jesus taught his disciples to partake daily of the living grains, especially wheat and barley. Still today in much of the world, particularly in Asia and the Middle East, rice and wheat are man's principal foods.

Grains are the most efficient way to utilize agricultural land to produce energy from food. It takes about twenty times as much farmland to provide a given number of calories from raising beef than from growing wheat. Eight pounds of wheat are needed to produce one pound of beef. In a time of impending large scale starvation this fact must be considered by anyone wishing to act with ecological responsibility.

Grains are a complete, balanced, whole food. They often thrive even in very poor soil, are inexpensive to buy, and can be stored indefinitely without refrigeration, and easily transported.

Grains contain life and the life-energy or electromagnetic energy called "prana" in Sanskrit. A grain of wheat found in the pyramids sprouted six thousand years after it was harvested. Only the whole grain contains this life or prana. Once it is milled this energy is lost and wasted along with the chemical nutrition in the refuse from milling.

Grains are a unique way of combining the seed and the fruit, the beginning and the end of the growth process, into one compact unity. They are neither alkaline nor acidic, but rather at the very center of this food spectrum ranging from salt and meat at the alkaline extreme to sugar and alcohol at the other. They have very nearly the same acid-to-base ratio as the blood in our body.

They are very easy to digest when properly chewed, passing through the body like sunlight through water, and resting lightly in the digestive tract. When eaten as a part of a vegetarian diet it is very difficult to gain weight or experience indigestion from eating too much grain.

Each grain consists of three main parts; the bran layers, the endosperm, and the embryo or "germ".

The bran layers: Each kernel of grain is enclosed by a number of bran layers. Brown rice, for example has seven layers or "seals." The outermost layer is called the hull or "chaff". It is highly resistant to chemical penetration but not to physical pounding. Most whole grains for sale have the hull removed. The bran layers contain large amounts of vitamins, especially the B vitamins, minerals, especially phosphorous, potassium and iron, and proteins of very good quality. Rice bran (nuka in Japanese) is a byproduct of polishing natural (brown) rice into white rice. Rice polish is the inner bran layers from polished brown rice. Polishing a grain is the process of removing the bran layers from the whole natural kernel. Hulling is the process of removing only the outermost bran layer or hull. Milling is the process of grinding a whole grain or a refined grain into flour or meal.

The Endosperm: This is the main inner part of the whole kernel consisting mostly of starch, almost no vitamins or minerals, and a small amount of protein. White flour is made from this part of the kernel.

The Embryo or "Germ". This is the life-giving part from which the grain sprouts. It is one of the richest sources of vitamins B and E. It also contains valuable proteins and fat. The germ of each grain of wheat occupies only 2% of the volume. Yet all the oil, from which the flavor of the grain is derived, comes from the germ section. If a flour is "de-germed" the flavor as well as much of the nutritional value is lost. If the germ is left in the flour the flour is perishable; therefore with many flours sold today the germ is removed in order to preserve the "shelf-life" of the flour. Sometimes preservatives are added to give flour longer keeping qualities. By milling the flour with stone buhr wheels the germs can be left in and rubbed evenly throughout the flour leaving no concentration of oily flakes to oxidize and become rancid as is the case with high speed milling.

The eight grains are rice, wheat, corn, buckwheat, oats, barley, rye, and millet. To learn how to prepare these tastefully and to make grains the primary food in the diet is essential. In the civilized western world grains, and especially natural whole grains and their flours have virtually disappeared from the daily diet. Simultaneously the proportions of meat and sugar (including alcohol) have greatly increased. Meat, which is very alkaline, and sugar and alcohol, which are very acidic, tend to create a need for each other in order to maintain balance in the organism. Thus in the last four generations in the West a major change has taken place in our eating habits which is not widely recognized.

Most of the basic whole grains and their flours can no longer be purchased in most food stores. The fluffy white bread is made from grain with the bran layers and the germ removed, the remaining flour bleached, and chemical nutrients and preservatives added. While it will last a long time in the breadbox, is "pure" white and requires little chewing, it has almost no flavor and little nutritional value or life energy, not to mention the effects of the preservatives on the body.

That 9.5% of our diet which is grains (the largest item being wheat flour) is most in highly processed and refined form such as dried cereals like Corn Flakes or Sugar Snacks, in white breads, pastries (cakes, cupcakes, cookies), or in quick cooking form such as minute rice, converted rice, instant oats, or ready-made pancake mix.

Many Westerners do not recognize the taste of barley, rye, buckwheat or millet, or the taste of the flours of these whole grains. Even brown rice, cornmeal and rolled oats are uncommon. Our ancestors three and four generations ago were familiar with all of these and could use them creatively. We have become consumers of processed foods rather than creators of good meals from the basic natural foods. Thus cooking has lost its significance as a creative art of transformation and alchemy. And eating has lost its significance as sacrament and ceremony and the process of transforming the body.

It is very helpful to have a good pressure cooker which will maintain 15 pounds pressure for cooking grains, and especially brown rice. Use cast iron, stainless steel or clay -which heightens the taste- for pots. Avoid aluminum. Try to use wooden utensils for stirring and serving. Start a small granary in the kitchen.

I. BROWN RICE: The King of Grains

Rice is the main food of the majority of the world's population. It is the most balanced, least expensive, and most easily prepared and digested whole grain. During the past hundred years white rice, which is milled brown rice (natural rice with the bran layers removed), has been widely substituted where brown rice was formerly eaten. White rice is easier to chew and to digest and many prefer its flavor. Before the milling of rice made white rice popular in Japan (around 1900) brown rice was eaten in Zen monasteries whereas today only white rice is eaten. The following table shows the percentages of nutrients lost during the milling of brown rice:

Protein	15%	Riboflavin (B2)	70%
B Vitamins	70%	Pantothenic acid	62%
Calcium	90%	Pyridoxine	56%
Niacin	68%	Fat	85%
Thiamine (B1)	80%		

Brown rice is alive and contains "prana" or life energy. Each grain is sealed in seven bran layers and contains the life-giving germ. With thorough chewing this life energy is released to the human body. In eating the whole grain we waste neither chemical nutrients nor prana. However we must eat slowly, chew well, breathe deeply.

The earliest known records of rice cultivation date back five thousand years to ancient China. To these people rice was more than the basic food, and played an important part in their religious ceremonies. To the Emperor alone was given the privilege of sowing the rice. "Wa", the Japanese word for "peace" is made of the words for "mouth" and "rice". The Sanskrit word for rice is "dhanga" which means "supporter or nourisher of mankind." The Japanese deified rice in the form of the rice-god Toyo-Uke No Okami. Among certain Hindus it was customary to make an offering of rice on the birth of a male child. Rice spread to Persia in about 400 B.C. where the tradition of throwing rice at newlyweds originated. It was believed that this act assured happiness and prosperity. The Moorish invasion brought rice to Europe through Spain, and it reached the American colonies at Virginia by 1694. Rice was first planted in California in 1912 and has since become a major crop of that state.

At Tassajara brown rice is served as the main dish every night (except on the day off) for dinner with gomasio (sesame salt), and every other morning mixed with other leftover grains and vegetable soup as "gruel." It is truly a perfect food of which we do not seem to tire. The Japanese say that a meal without rice is no meal.

By varying the amount of water, salt, pressure, and cooking time, rice can be prepared in different ways. Less water produces a lighter, fluffier rice; more water makes a creamy, soft dish

with a sweet taste and pudding texture often served for breakfast in Japan. The scorched rice on the bottom of the pot is delicious when it is golden brown. Rich in minerals, it is used in Japan as a medicine.

Rice is either long grain or short grain. At Tassajara we prefer a California-grown rice, short grain, called Koda Brother's "Kokuho". It is almost always prepared by pressure cooking.

#1. PRESSURE COOKED BROWN RICE

Here are the basic steps for the pressure cooking of brown rice and of any other grain as well. Fill the pressure cooker no more than one half full of grain and pour in water to cover. Stir the grains gently clockwise with your hand until the water becomes cloudy and then pour it off. Add more water and stir again repeating this three or four times.

Leave the desired amount of water in the pot. From one and one half to two times the depth (or amount) of water as grain are good beginning proportions. It is important not to fill the pressure cooker more than 70% full. For best results use the pressure cooker with neither too little nor too much volume of grain and water.

Put on the lid making sure that the rubber ring is clean and the escape valve unblocked. Secure the weight and put the pressure cooker on the fire. When the pressure comes up, turn the fire down low and check the clock. Cook at 15 lbs. pressure for approximately 25 minutes, then remove the cooker from the stove and allow the pressure to come down naturally. Remove the lid, stir the grain with a wooden rice paddle dipped in cold water, and serve with gomasio. If the grain is stored in a covered wooden rice bowl or refrigerated it will keep sweet and fresh for several days.

For large groups of people, three-fifths of a cup of dry brown rice per person will usually suffice. Thus for five:

3 c. brown rice
4½ c. water

#2. GOMASIO (Sesame Salt)

Gomasio: This mixture of sesame seeds and salt, roasted and ground is the basic seasoning used with grains at Tassajara. It is served evering morning and evening in a separate dish in the zendo. Only gomasio, no milk, sugar, honey or fruit is served used on hot breakfast cereals such as oatmeal, cornmeal, or rice cream.

Sea salt: Common salt made by the evaporation of sea water with nothing added. Most commercial table salt contains chemical additives such as sodium silicoaluminate or magnesium carbonate for free flowing, and potassium iodide and dextrose for flavor and "iodizing". Make your own sea salt at the beach with a big pot and a driftwood fire.

Suribachi: A Japanese serrated earthenware mortar with wooden pestle used for grinding sesame seeds and sea salt into gomasio. An American indian stone mortar and pestle (matate) is a good substitute. Available at most Japanese hardwares or groceries.

¼ c. sea salt
1¼-2½ c. sesame seeds.

#5. SWEET BROWN RICE AND AZUKI BEANS (Also spelled aduki)

Azuki beans: These dark red, small dry beans are regarded as the "king of beans" by the Japanese. They are not considered a legume in the Orient, but one of the five grains. They are excellent with brown rice, sweet brown rice, or sweet white rice, in soups, and as desserts. A rich source of calcium, phosphorous, iron, protein and B vitamins, they contain more minerals and protein than most of the eggs or meat sold today. Although fairly expensive, they are worth the extra cost. Available at Japanese groceries.

Sweet brown rice: This is a glutinous rice used on special occasions and usually served with azuki beans. Available at Japanese groceries. Different from sweet white rice which is usually called simply "sweet rice" and also from ordinary brown rice.

4 c. sweet brown rice gomasio
1 c. dry aduki beans

Pressure cook azuki beans in $2\frac{1}{2}$ c. water at 15 lbs. for 40 min. Cool pressure cooker. Add 4 c. sweet brown rice and 6 c. water to the beans. Pressure cook 25 more minutes, allow pressure to come down naturally and serve with gomasio. This same dish may also be prepared with ordinary brown rice in place of sweet brown rice although it is not as delicious. Prepare in the same manner with the same amounts of brown rice and water. This dish is served on special occasions in Japan and at Tassajara. Sweet white rice is not served with azuki beans.

#6. SAKURA RICE (Rice with tamari)

Prepare as in #1 adding 1 T. of tamari per cup of dry rice before pressure cooking.

#7. GOMUKU RICE

Prepare rice as in #1. Nituke onion, mushroom, carrot, leek, parsley, and garlic in that order, add to cooked rice and serve. The rice may also then be fried.

#8. FRIED RICE

Prepare rice as in #1, #3, #6, or #7 and fry in hot corn oil or a mixture of 1 part corn oil and 1 part sesame oil. For special flavor add raisins, nuts, diced apples, or sunflower seeds roasted.

#9. RICE BALLS

This is an excellent way to prepare rice for picnics or for traveling. The umeboshi acts as a preservative. The samurai would take a bag of rice balls to last for several weeks travel.

cooked brown or white rice	umeboshi salt plums
nori or ajitsuke nori	misozuki pickles
toasted sesame seeds	carrot slivers
diced apple	daikon slivers

Dip hands in 5% solution of cold salt water. Form rice into a disk in the hand and fold in plum, fruit and/or vegetables above, sealing them inside. Toast the nori by waving three times above an open flame and wrap around the outside. Roll in toasted sesame seeds or gomasio. Cooked azuki beans can also be added to the rice balls.

#18. CRACKED WHEAT WITH ONIONS

Cracked Wheat: Whole wheat cracked into 4 to 6 separate pieces free from flour

2 c. cracked wheat	3 t. oil
2 chopped onions	6 c. boiling water

Brown cracked wheat slowly in a frying pan until slightly colored and fragrant. Add oil, chopped onions, and boiling water. Cover and let simmer for one hour stirring occasionally. Add more water if necessary. A pinch of thyme, basil, or garlic can be added to enhance the flavor.

#19. WHEATBERRIES AND WHOLEWHEAT FLOUR

2 c. wheatberries	3 c. water
1 c. wholewheat flour	1 t. oil

Soak the wheatberries (whole wheat, wheat groats) overnight. Roast the flour in oil. Pressure cook together at 15 lbs. for 40 min, allow the pressure to come down naturally, and serve with gomasio. Adding the wholewheat flour makes the berries easier to chew. An alternative preparation is to soak 3 c. of berries overnight, grind up 1 c. of these and pressure cook both as above.

#20. WHEATBERRY CHOWDER

Sweet rice: Also called sweet white rice, this is a glutinous white rice usually covered with tale and glucose. It is different from sweet brown rice and from ordinary white rice. It is very sticky when boiled and, used whole, makes an excellent thickener in soups such as squash and pumpkin soups. It is also a good sweetener in treats. For the greatest sweetness and thickening qualities it should be roasted first, then added whole or ground.

Wheatberry chowder was served almost every day for two months at lunch during the long winter of 1969 when the road was closed with snow and we had eaten up all of our grains except rice and wheatberries. Large quantities of undigested wheatberries were later found in a stopped-up septic tank. Chew well!

2½ c. wheatberries
2 c. sweet rice
5 c. water

Pressure cook as in #1.

IV. BUCKWHEAT

Buckwheat is not, strictly speaking, a grain or cereal. It is botanically related to rhubarb and dock. It requires little cultivation and thrives on poor soil, with few pests or diseases. It is so hardy and grows so densely that it is often planted to kill the weeds in a field by shading and smothering them.

In about 1860 the U.S. produced 23 million bushels, but this year it produced about 15.

It is the most alkaline of all the grains. The Saracens ate it as their basic food and it made them hearty and energetic. It thrives in cold countries as well as warm ones and is known as a warming food in the Winter. It is a heavy food. Buckwheat is the grain richest in magnesium, calcium and amino acids. Its protein is very high quality.

The story is told of how the Russian handball team came to Paris with the firm intention of winning the title. As soon as they arrived they went to a restaurant and asked for buckwheat. The restaurant had no buckwheat. So they went to other restaurants and at each they were told that there was no buckwheat. Their coach did not hesitate; he simply decided that he and his comrades should fly back to Moscow. How could a Russian sportsman possibly play without his precious kasha?

In Tokyo there are hundreds of restaurants specializing in the preparation of buckwheat.

Kasha: It is usually used to mean roasted buckwheat groats, but it may be used to mean any buckwheat groats, or coarse, cracked buckwheat, millet, or barley. The roasted groats are delicious for traveling.

Buckwheat cooks very fast. It has such a strong flavor that it is often mixed with other grains.

#21. BUCKWHEAT GROATS AND ONIONS

1 c. buckwheat groats	1 onion
2 c. boiling water	1 t. oil

Saute groats in oil 5 min. stirring constantly. Add boiling water, cover, and simmer for 10 min. Slice onions lengthwise, saute in oil until barely brown and serve with groats. For flavor, add a little tamari.

#22. BUCKWHEAT CREAM AND APPLES

1 c. buckwheat flour	2 apples
2 c. boiling water	1 t. oil

Roast buckwheat flour in a little oil. Cut the apples lengthwise into eighths and boil in 2 c. water until soft. Add the roasted buckwheat flour to the pot and cook 5-10 min. (May add raisins and ground cinnamon.) A good way to serve cold apples on a cold morning.

#23. YOGI'S KASHA BREAKFAST FANTASTIC

This recipe has never been tried at Tassajara. A yogi named Shyam Batnagar wrote detailed instructions of how it was to be served at a weekend program he was giving with Esalen. It was too good to omit.

2 c. browned kasha	$\frac{1}{2}$ c. sesame seeds, roasted
2 T. soy oil	1 sliced banana
2 chopped carrots	1 apple chopped fine
$\frac{1}{2}$ c. cracked almonds	1 pear diced
$\frac{1}{2}$ c. hazlenuts	2 cardamom seeds crushed
$\frac{1}{2}$ c. sunflower seeds	dust of cinnamon.

Dry roast buckwheat groats until brown. Saute all ingredients together for 15 min.

V. CORN

Along with wheat, corn has been the most widely used grain

in the Americas. To many of the Indians of North and South America it was a source of life and a sacred food. In the Popul Vuh, the sacred book of the Quiche Maya, it is told how "...of yellow corn and of white corn they made their flesh; of corn-meal dough they made the arms and legs of man. Only dough of corn-meal went into the flesh of our first fathers." The belief that man was originally made of corn was also held by the Aztecs and Zapotecs.

More acres of land are planted in corn than in any other crop in America. It is the most valuable crop grown economically. There are six kinds of corn. We eat fresh sweet corn; pop popcorn but 90% of the corn grown is called dent corn. (Each kernel has a small dent on the top caused by shrinking of the starch inside the kernel when the corn is dried.) Corn is both yellow and white. When roughly ground it is cornmeal, when finely ground, corn flour. Hominy grits are cracked white corn.

Since cornmeal and corn flour turn rancid quite easily it is preferable to use them freshly ground if possible.

#24. CORNMEAL AND CORN

1 c. cornmeal	fresh sweet corn
3½ c. boiling water	¼ t. oil

Saute cornmeal in oil, add boiling water and cook 30-35 min. Steam fresh corn, add to cooked cornmeal and serve with gomasio.

#25. CORNMEAL - ROLLED OATS - RICE CREAM

2 c. cornmeal	10 c. water
1 c. rolled oats	
½ c. rice cream	

Boil cornmeal alone for 30 min. Add oats and rice cream and boil another 30 min. Serve with gomasio.

#26. POPCORN and POPPED RICE

This is a good way to travel with a grain.(or prepare it for picnics.)

¼ c. popcorn
2-3 T. corn oil

Heat oil in a heavy, deep pan with a top until a kernel of popcorn dropped in the hot oil pops. Pour in about ¼ c. popcorn, or just enough to cover the bottom of the pan no more than one kernel deep. Reduce heat to medium and shake until all corn is popped.

For popped rice:

3 c. rice	water to cover
¼ c. salt	

Wash rice and soak it in water to cover for 48 hours. Rinse, add new water and the salt and soak for another 24 hours. Drain. In a hot pan roast the rice, stirring constantly. Remove the pan

from the flame from time to time until the rice pops and can be chewed easily. Do not roast all at once, but do about $\frac{1}{2}$ c. at a time. This will make it pop more easily and more uniformly.

II. NOODLES, PANCAKES, GRAINBURGERS AND GRUEL

#27. FRIED UDON AND SOBA

Udon: Japanese wheat noodle, vermicelli or macaroni. It can also be made of cornmeal.

Soba: Japanese buckwheat noodles. A very popular food in Japan. Often eaten in soups.

1 part udon (1 pkg.)	carrot
1 part soba (1 pkg.)	onion
2 t. corn oil	mushroom
$\frac{1}{2}$ t. sesame oil	salt
nori	

Soak nori 15 min. and saute with thinly sliced vegetables in oil. Bring 2 quarts of water to a boil. Add the noodles, and when the water boils again add 1 c. of cold water. Do this three times and then remove the noodles from the stove, cover, and let sit for 10 min. Drain, rinse with cold water, and dry. Saute together with vegetables in hot oil for 5 min. and serve.

#28. HOMEMADE BUCKWHEAT NOODLES (Teuti Soba)

2 c. buckwheat flour	1 egg.
1 c. wholewheat flour	1 t. sea salt

Mix all ingredients and knead over and over until smooth and shiny. Roll out to about $\frac{1}{10}$ inch thickness on a floured breadboard, then roll up like a carpet. Make vertical slices as thin as possible. Boil as in #27 and serve with Kake Sauce, #29 or Bechamel Sauce, #30.

#29. KAKE SAUCE

1 carrot	1 t. olive oil
2 onions	1 T. arrowroot or cornstarch
2 cabbage leaves	salt

Saute finely cut vegetables in hot oil. Add $\frac{1}{2}$ c. water and nituke. Dissolve arrowroot in a little cold water and add to pan with salt. Let cook 3 min. more and serve.

#30. BECHAMEL SAUCE

Bechamel sauces are combinations of flour, oil, and water or stock in different proportions. The "white sauce" is made from unbleached white flour; the "brown sauce" from wholewheat flour. Serve with noodles or vegetables like asparagus. For white sauce:

$\frac{1}{2}$ c. unbleached white flour	3 c. stock or water
$\frac{1}{2}$ c. corn oil or olive oil	salt

Heat the oil slightly. Add flour gently and roast, stirring constantly. Do not roast too long for white sauce, only until the lumps disappear. The color should remain unchanged and the flour powdery. Cool the pan by running cold water over the bottom and add cold liquid to the flour mixing very rapidly. It will lump easily if you are not careful when adding liquid. Boil for 20 min., stirring occasionally. Add salt to taste and keep simmering until serving time or the sauce will harden.

For brown sauce: Replace unbleached white flour with whole wheat flour above. Roast until browned but not burned, 15-20 min. It will have a nut-like fragrance. Finish as for a white sauce. Add 2 t. tahini with the salt.

#31. YAKI SOBA (Fried Buckwheat Noodles)

Fry cooked teuti soba #28 in 4 t. hot sesame oil for 10 min. Serve with kake sauce.

#32. FRIED EGG NOODLES

1 pkg. egg noodles	garlic, fresh
olive oil	pepper
salt	

Add egg noodles to boiling water for 3-4 min. Fry or wok in olive oil with garlic, salt and pepper. For best results, brown fresh garlic in olive oil before adding noodles.

#33. OKONOMIYAKI PANCAKES (feeds 10)

1 onion, diced	1-1½ c. whole wheat flour
2 carrots, grated	1 c. unbleached white flour
1/3 chinese cabbage	1 T. honey
2 c. cooked dried daikon #61	1 can evap. milk (3" tall)
1 pear, chopped	tamari
2 t. salt	

Shred chinese cabbage in thin slices 2" long. Add flours and other ingredients with liquid to make thick batter. Salt to taste with tamari. Fry in light oil leaving moist outside.

#34. SWEDISH PANCAKES PAPER-THIN

Discovered from Marie Fehring in Carmel, these are almost a dessert. Not yet tried at Tassajara but too good to omit.

1 c. unbleached white flour	1 t. salt
4 eggs	1 T. honey
2 c. milk	½ cube butter
1 t. baking powder	lingenberries
powdered sugar, optional	

Grease pan with butter very lightly and only for the first pancake. Slop batter around in the pan, cooking one at a time. The first few may not turn out too well but don't stop. Serve with lingenberries or lingenberry jam, butter, and powdered sugar

#35. BUCKWHEAT-AZUKI PANCAKES

1 c. buckwheat flour
 1-1½ c. water
 ½ t. salt

¼ c. azuki beans
 2/3 c. water for cooking beans
 ¼ t. salt.

Pressure cook azuki beans as in #5. Dry roast buckwheat flour in a pan, then mix flour, water and salt to form a thin batter. Add cooked beans and stir well. If the batter is too thick the pancakes will have a raw taste. Spoon onto hot greased frying pan. May serve with apple sauce.

#36. FRIED GRAINBURGERS

¾ c. toasted rolled oats
 1½ c. cooked rice cream
 1 c. cooked lentils
 1-2 c. wholewheat or white flour

¾ c. grated cheddar cheese
 tamari
 pepper
 sesame oil

Mix into a thick batter. Fry in pan with oil like hamburgers.

#37. GRUEL

Gruel is an ancient food invention designed to prevent waste and create continually new and always different combinations of foods. It is served every other morning at Tassajara and uses up all of the leftovers from the past two days.

All leftover grains, soups, and vegetables are mixed together in a large pot and heated. If more volume is desired, rolled oats may be added and simmered for 30 min. with the gruel. If all of the gruel is not eaten it may be made into gruel bread #40. Gruel is one of the most popular and delicious dishes at Tassajara.

III. BREADS, MUFFINS, CRACKERS

"How should we cook our daily bread without fire, Master?" asked some with great astonishment.

"Let the angels of God prepare your bread. Moisten your wheat that the angel of water may enter into it. Then set it in the air, that the angel of air also may embrace it. And leave it from morning to evening beneath the sun, that the angel of sunshine may descend upon it. And the blessing of the three angels will soon make the germ of life to sprout in your wheat. Then crush your grain and make thin wafers, as did your forefathers when they departed out of Egypt, the house of bondage. Put them back again beneath the sun from its appearing, and when it has risen to its highest in the heavens, turn them over on the other side that they may be embraced there also by the angel of sunshine, and leave them there until the sun be set. For the angels of water, of air, and of sunshine fed and ripened the wheat in the field, and they, likewise, must prepare also your bread. And the same sun which, with the fire of life, made the wheat to grow and ripen, must cook your bread with the same fire. For the fire of the sun gives life to the wheat, to the bread, and to the body."

from The Essene Gospel of John
 (preparation of original matzo)

"Whenever anyone asks me how to build up the health of a growing child, a convalescent, or an invalid, how to add more protein, calcium, iron or B vitamins to the diet, or simply how to have fun at cooking, my answer is: 'Make your own breads.'" from Let's Cook it Right; Adelle Davis

Breads are made by combining flour, water, and salt. Anything else is extra. Flour is made by milling whole grains. The most common flours are:

Wholewheat flour: Wheat is the only grain containing gluten which is a natural leavening agent. Bread made from wholewheat flour, if well kneaded and allowed to rise in a warm place before baking, will be quite light without the addition of yeast. This flour, therefore, is the basic foundation of most breads. Unlike white flours, it contains the nutritious bran layers and the germ in the flour. Stone ground wholewheat flour is best since it will not oxidize and become rancid nearly as fast as flour from high speed milling. (See "germ" p.9) It also contains the natural wheat flavor. Most breads include at least one half whole wheat flour. If it is possible to purchase the flour freshly milled or to mill it yourself shortly before making bread, you will notice a great difference in the flavor of the bread.

Unbleached white flour: A refined flour from whole wheat. No bleaching nor preserving chemicals have been used. It is refined mechanically, without chemical treatment. It gives lightness to breads and makes them smooth and less sticky. Often used with pastries, unless white pastry flour, made from soft wheat, is desired. It is processed like unbleached hard wheat flour above.

Cornmeal: Makes a bread light and sweet; somewhat crunchy.

Corn flour: a finer grind of corn than cornmeal, it also makes breads light and sweet.

Buckwheat flour: It is dark and flavorful, but quite heavy. Especially good to warm you up in winter.

Rice flour: Adds sweetness and a smooth consistency

Barley flour: Sweet and somewhat crumbly. A bread made with this flour will need no other sweetening.

Rye meal: Pumpernickel. Chewy and somewhat sweet.

Breads are much more delicious when made from freshly ground or milled flour. Many people have never tasted a bread made in this way. The easiest way to do this is with a

Corona hand mill: An inexpensive (\$12) hand mill that looks like a meat grinder. For grinding grains into flour or meal, making vegetables puree, gomasio etc. Order from the Whole Earth Catalog, 558 Santa Cruz Ave., Menlo Park, Calif. 94025

Bread is served each day with lunch at Tassajara, usually with a spread. Equal amounts of un-yeasted, unsweetened and yeasted, sweetened breads are served.

I. UNYEASTED BREADS

For most of man's history he has made his bread without yeast, using only the natural leavening in the whole wheat flour. Unyeasted breads are heavy and chewy, rich in flavor, and usually require no sweetening other than that of the grains themselves. There are two main varieties: kneaded bread and batter bread. It is often best to start baking unyeasted breads in a cold oven to bake the inside more thoroughly.

#38. TIBETAN BARLEY BREAD (2 loaves)

This is perhaps the most popular of the many good breads at Tassajara.

4 c. barley flour	4 T. sesame oil
8 c. whole wheat flour	4 T. corn oil
3 t. salt	7 c. boiling water
$\frac{1}{4}$ c. roasted sunflower seeds	4 T. tahini
$\frac{3}{4}$ c. roasted sesame seeds	

Pan roast the barley flour in 2 T. oil (1 T. sesame and 1 T. corn) until darkened. In a large bowl add 8 c. whole wheat flour to 4 c. roasted barley flour. Add salt, sunflower seeds, sesame seeds and mix. Add 3 T. each sesame and corn oil. Thoroughly mix by patiently rubbing flour between palms of hands. Add 7 c. boiling water and mix. Add tahini, mixing in well. Knead well in bowl, keeping hands cool with cold water. Then knead well on breadboard. Shape into two loaves and press into oiled (sesame and corn) warm bread pans. Cut a $\frac{1}{2}$ inch deep slit lengthwise down the top. Let sit 3-6 hours or overnight. Put into a cold oven and bake at 450 deg. for 40-60 min. until a chopstick comes out dry. The sides should be dark brown and the bottom almost black.

#39. DUTCH RYE BRICKS (2 loaves)

A dark, heavy, moist, chewy bread. Delicious.

8 c. rye meal	3 t. salt
2 c. cracked wheat	7 c. boiling water
2 T. honey or molasses	$\frac{1}{2}$ c. wheatgerm or bran
4 T. corn oil	4 c. whole rye berries (opt.)

Pressure cook whole rye berries in 3 c. water at 15 lbs. for 30 min. Mix with all other ingredients in a mixing bowl, cover, and let stand overnight at room temperature. The following morning shape loaves and roll in wheatgerm. Bake in a covered pan for 4 hrs. at 200 deg. Place another pan of hot water in the oven to keep it moist. After cooling, eat immediately or wrap in a towel and refrigerate to keep from drying or moulding.

#40. GRUEL BREAD

Leftover grains, soups, and vegetables can be made into gruel (#37) and the leftover gruel used to make this rich, chewy bread.

4 c. gruel	$\frac{1}{2}$ c. oil
4-5 c. whole wheat flour	1 T. salt
water if necessary	tamari

Mix gruel and flour, adding enough flour to obtain earlobe consistency. Knead 10-15 min until smooth, shape into loaves and put into oiled pans overnight. Brush the tops of the loaves with tamari and bake at 350 deg. for about 90 min. Interesting variations are obtained by using all or part unbleached white flour instead of or with whole wheat flour, mixing the batter quite wet by adding additional soup, and undercooking so the bread is quite moist inside.

#41. BROWN RICE AND YAM BREAD

Yams, pumpkin, squash and well cooked carrots are excellent sweeteners in breads.

4 c. cooked brown rice	wholewheat flour
2 c. steamed yams (or rutabe)	oil
3/4 c. roasted sunflower seeds	salt

Mash yam, add brown rice, seeds, oil, and salt. Add flour to desired consistency, about 6-8 cups, and add water. Let sit 24 hours and bake at 350 deg. for 60-75 min.

#42. CAROB-DATE BREAD

Carob: A chocolate substitute also called St. John's bread or "Honey Locust". The flour or powder is made from grinding the carob bean. It is alkaline, high in calcium, rich in natural sugars, and low in fat (2% fat compared with 52% fat in chocolate).

5 c. whole wheat flour	1/2 c. carob flour
2 c. brown rice flour	1 c. chopped dates
1 c. buckwheat flour	1 T. salt

Roast the brown rice flour lightly. Dissolve carob powder in water and mix together with all the ingredients. Knead 100-200 times, put in pans and let sit overnight. Bake at 350 deg. for 1 1/2-2 hours. Use moist dough and serve hot with real butter. Best if the flours are freshly ground!

#43. GLUTEN BREAD

Gluten flour: Gluten flour is a low starch flour made by washing the starch from high-protein wheat flour. The flour is a concentrated source of natural wheat leavening and makes unleavened breads light with kneading.

4 c. cooked brown rice	12 c. whole wheat flour
6 c. gluten flour	3 T. tamari

Grind cooked brown rice in Corona hand mill. Mix all ingredients and add water to earlobe consistency. Knead 400 times! Store in a warm place overnight. Knead 200 more times. The more the bread is kneaded the lighter it will be. It's a nice meditation. Place loaves in oiled pans and bake at 350 deg. for about 90 min. until a chopstick comes out dry.

#44. SELF-RISING UNYEASTED BREAD

This is the earliest and simplest form of loaf bread.

7 c. whole wheat flour
1 T. salt

Mix flour and salt and add enough warm water to give proper consistency for kneading. Knead 300 times, cover with a wet towel and allow to sit 12-24 hours in a warm place. Knead again 100 times, put in oiled pans, and let sit 4 more hours in a warm place. Slit tops of loaves 1/2 inch deep lengthwise and bake at 350 deg. for 30 min. Then turn up oven to 450 deg. for 45-60 min. The crust should be dark brown and the bottom almost black. The top may be brushed with tamari before baking.

#45. BATTER BREAD

The batter method of making breads requires no kneading. The use of corn flour or cornmeal will help make the breads light. Many different combinations of four basic flours (or two or three of these) give a great variety of tastes: whole wheat flour, buckwheat flour, corn meal, rice flour. To start, try:

3 $\frac{1}{2}$ c. whole wheat flour	$\frac{1}{2}$ c. roasted sunflower seeds
1 $\frac{1}{2}$ c. cornmeal	1 T. dark sesame oil
1 $\frac{1}{2}$ c. cracked wheat	3 T. corn oil
$\frac{1}{2}$ c. roasted sesame seeds	3 T. tahini
miso soup #96-97	

Place the flours in a large container such as a porcelain bread bowl or a wooden saled bowl and add the necessary amount of salt. Mix the flours with a wooden spatula or rice paddle, stirring clockwise from the outside inwards in a spiralic motion, turning the bowl a little each time. This should take several minutes.

Add corn oil and other oils before adding the water. This is a good use for deep frying oil which might otherwise be wasted. Pour the oil on top and continue to mix. Then pick up one handful of flour at a time and rub it well between your palms. When this is done with patience the oil will be well distributed through the flour.

Add water a little at a time stirring as above. The result will be a very thick batter, still not too thick to pour, ready to bake. The amount of water will be determined by experience and will vary according to the texture you want to achieve, the weather, the kinds of flour you are using, and your oven.

Heat the bread pans on top of the stove and brush them lightly with oil. Heat helps the oil to spread so that less is needed. Pour the batter into the pan using a wet paddle to shape and smooth the top. Try to avoid unnecessary pressing as it may make the bread too hard. Turn the oven on after placing the bread inside. If the oven is preheated, the bread will not cook on the inside well enough. Cook at around 350 deg., depending on your oven, for an hour or so. To determine when the bread is done, observe whether a chopstick inserted in the loaf comes out fairly dry. The bread should be well crusted and lightly browned. This bread is quite heavy.

The above description is for batter using only flours, salt and water. With the particular ingredients above, add 2 c. boiling water where water is called for and then miso soup to obtain the desired consistency. Add the seeds and tahini after rubbing in the oil but before adding the water.

For a simpler recipe use the ingredients in #47, Buckwheat Batter Muffins.

II. YEASTED BREAD

#46. CORN MEAL-MILLET BREAD

Most of our yeasted breads are made with the "sponge method." They are light and usually quite sweet. A sponge has a consistency thicker than a batter but wetter than a dough. The gluten in the wheat flour is fully developed before other flours are added.

2 $\frac{1}{2}$ c. whole wheat flour	1-2 T. salt
2 c. unbleached white flour	1 T. (pkg) dry yeast
2 $\frac{1}{2}$ c. corn meal	$\frac{1}{4}$ c. honey
1 $\frac{1}{2}$ c. millet meal	1 c. dry milk (opt.)
$\frac{1}{4}$ - $\frac{1}{2}$ c. corn oil	

To 3 c. lukewarm water in a large bowl, add yeast, honey, and dry milk, stirring well. Slowly stir in flour until a thick, stiff batter is obtained. Cover with a damp towel, put in a warm place and let rise 1 hour.

Fold in corn oil and salt being careful not to stir too much. Add corn meal and millet meal. The dough is the proper consistency when it comes away from the sides and bottom of the bowl and is earlobe consistency. Put whole wheat flour on a clean breadboard and knead for 10 min. until smooth and unsticky. Put bread back in the oiled bowl and let rise in a warm place for about 1 hour until doubled in volume. Punch down, and let rise an additional hour. Punch down again, make into two loaves, place in oiled bread pans and let rise another 30 minutes. Bake at 350-375 deg. for about 1 hour.

By varying the types and amounts of flour and the amount of sweetening, many different breads can be made in this manner. (See Ed Brown's Tassajara Cookbook for numerous fine variations.) Other sweet breads recipes are listed under treats #149-151.

III. MUFFINS (and others)

#47. BUCKWHEAT BATTER MUFFINS (makes 18)

1 c. buckwheat flour	1 $\frac{1}{2}$ t. salt
1 c. whole wheat flour	$\frac{1}{4}$ c. oil
2 $\frac{1}{2}$ c. corn meal	2 $\frac{1}{2}$ c. water

Prepare batter as in #45. and put in warm, oiled muffin tray. Sprinkle top with sesame seeds or poppy seeds and let stand 1 hour. Put in cold oven and bake 60-75 min. at 350 deg.

#48. BUCKWHEAT AND AZUKI MUFFINS (makes 12)

$\frac{1}{2}$ c. azuki beans	1 c. wholewheat flour
1 carrot	1 c. buckwheat flour
1 t. fresh cinnamon	1 t. salt

Soak beans overnight. Pressure cook 45 min. in 2 $\frac{1}{2}$ c. water. Grate carrot; $\frac{1}{2}$ regular and $\frac{1}{2}$ super fine. Grind cinnamon. Mash beans and mix in carrot and cinnamon. Mix flours and salt. Mix in beans and enough water to make a stiff batter. Heat muffin tins and oil lightly. Fill full and let stand at least 40 min. (more would be better.) Bake at 325 deg for approximately 1 hour until done. They may be garnished with slices of carrot cut in the shape of a flower or sesame seeds before baking.

#49. BRAN MUFFINS

Dry ingredients:

2 c. whole wheat flour	1 $\frac{1}{2}$ t. baking soda
1 $\frac{1}{2}$ c. bran	1-2 T. grated orange rind
$\frac{1}{4}$ t. salt	

Wet ingredients:

2 c. buttermilk
1 egg, beaten
2 T. honey

$\frac{1}{2}$ c. bananas mashed
2-4 T. melted butter
1 c. raisins and nuts

Preheat oven to 350 deg. Beat wet ingredients and combine with dry with a few swift strokes. Fold in before dry ingredients are entirely moist; bananas, nuts, and raisins. Fill muffin tins $\frac{3}{4}$ full leaving concave top to be filled with:

Biscuit Topping-Filling

6 c. chopped dates	2 T. lemon juice
2 c. raisins	2 T. cinnamon
2 c. roasted sunflower seeds	2 t. nutmeg
$\frac{1}{2}$ c. honey	$\frac{1}{4}$ t. salt
peel of 2 lemons, grated	

Just cover dates and raisins with water, cook 15 min. and mash. Add remaining ingredients and spoon into top of biscuits. Bake biscuits 25 min. at 350 deg. Good also for treats. Served April 8 on Buddha's Birthday at Horsepasture. Too much!

#50. ONION ROLLS

These are thin like cookies and all of the sweetening comes from the onions and grains. Good for hikes and picnics.

3 c. sauteed onions	2 T. oil
4 c. whole wheat flour	1 egg
1 c. corn flour	sesame or poppy seeds
1 c. buckwheat flour	$2\frac{1}{2}$ c. water
1 T. salt	

Combine all ingredients but egg and seeds. Knead dough to earlobe consistency. Roll out on floured breadboard and cut into triangles, circles, or squares 3-4 inches across. Brush tops with beaten egg (1 part egg to 1 part water) and sprinkle with sesame or poppy seeds. Bake at 350 deg. for 30 min.

#51. EGG BAGLES

3 c. warm water	5 c. unbleached white flour
1 T. yeast	2 small onions
$\frac{1}{4}$ c. honey	1 c. oil
6 whole eggs	1 T. salt
5 c. whole wheat flour	$\frac{1}{2}$ c. milk for wash
poppy or sesame seeds	

Prepare sponge as in #46. Let rise 45 min. then add oil, salt, and remainder of flour, until dough comes away from the sides of the bowl. Knead 5 min., let rise 50 min., punch down. Cut dough into thirds and each third into 24 equal pieces. Roll each piece out into tubes. Connect the ends of the tubes around the first two oiled fingers and seal by rolling on table. Dip rolls in boiling water, one at a time, in a strainer for 10 sec. Wash with mixture of equal parts egg, milk, and water. Sprinkle with poppy or sesame seeds. Let rise 20 min. Bake at 425 deg. for 20 min. and serve with cream cheese.

#52. CHAPATI

This is the unleavened flatbread of neolithic man still eaten daily in India and South America. Good food for traveling.

1 c. whole wheat flour
1 t. salt

Blend ingredients together, adding water gradually. Knead the dough until it reaches earlobe consistency. Roll out on a floured board until it is very thin. Cut into 4 inch squares and roll out each square. Place these on a dry (or oiled) baking pan or cookie tin and bake at 350 deg. in oven until crisp and slightly browned.

#53. SPECIAL CHAPATI

4 c. whole wheat flour	½ c. chopped raisins
1 c. roasted sunflower seeds	1 T. salt
1 c. roasted sesame seeds	1 c. popped rice #26
1 c. rolled oats	

Prepare as in #52 but do not roll thinner than 1/8-1/16 inch.

#54. PURI

Use the same ingredients as for chapati #52 and the same method of preparation except that instead of baking they are dropped into deep, hot oil. They will puff up like balloons. Drop them in one at a time and gently hold them under the hot oil until they start to puff up and then let them rise to the surface. Turn when one side is browned and brown the other side. Drain and put on a paper towel to absorb excess oil. Serve as a cracker or stuff with rice and/or vegetable nituke. They are eaten in India with Chapati as a daily staple.

IV. VEGETABLES

At Tassajara we prepare most of the vegetables either sauteed or nituke. When sauteing, it is important to wait until the oil is very hot so that it seals in the flavor and nutrients. If the oil is too cold it will be absorbed by the vegetables.

Nituke: the method of cooking vegetables by sauteing and then steaming in the same pan. All vegetables can be prepared in this manner.

Tawashi: Japanese vegetable brush, durable; loop-shaped. Available at Co-op or Japanese groceries or hardwares.

Preparing vegetables nituke: Choose any vegetable that does not smell bad. Small vegetables are generally better than big ones. Wilted vegetables, such as limp carrots, have lost water through evaporation. This often improves the flavor and requires less time to cook. Don't peel vegetables. Wash them well with a tawashi. Keep the greens and tips for soup stock. Using a square ended, wide bladed Japanese vegetable knife, slice root vegetables (carrots, gobo, daikon, turnip etc.) diagonally and very thin. Have a little of the top and a little of the bottom in each slice. Cut onions from top to bottom.

Heat your skillet over a medium flame. Use a small amount of oil; just enough to cover the bottom of the pan. Add the

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Heat your skillet over a medium flame. Use a small amount of oil; just enough to cover the bottom of the pan. Add the

vegetables one by one. If the oil is hot enough there will be a sizzling sound as each vegetable is introduced. Always use wooden utensils or chopsticks which are gentle with the vegetables and give better vibes against metal. Stir carefully so that each piece is lightly coated with oil and prevented from burning. Corn and sesame oils are generally the best to use. They seal in flavor and color. Best is cold-pressed, polyunsaturated, unhydrogenated.

Onions are generally sauteed first. When they have finished they should be clear but not brown. Next add vegetables that are acidic or contain much water such as spinach, mushroom, cabbage, celery and lettuce. Toward the end add, in this order, turnip, daikon, red radish, pumpkin, carrot, and gobo or burdock. Add salt about 4/5 of the way through cooking and tamari almost at the end.

After you saute, add a small amount of water to the skillet or pan, just enough to avoid burning. Cover and cook over a low flame for 5-10 more minutes until the liquid is evaporated. If crispy vegetables are desired omit this last step. This nituke method gives Chinese and Japanese vegetables their special taste.

#55. BREAKFAST YAMS WITH SUNFLOWER SEEDS

Yams: They have a red skin and are orange inside. Not to be confused with sweet potatoes or white tropical yams.

yams	salt
roasted sunflower seeds	oil

Cut yams into 1 inch cubes, leaving the skins on, and nituke 15-20 min. Add roasted sunflower seeds and serve for breakfast.

#56. BREAKFAST YAMS WITH WHEATGERM AND WALNUTS

yams	walnuts
wheatgerm	salt

Prepare yams as in #55. Add wheatgerm and roughly chopped walnuts 5 min. before finishing, having toasted wheatgerm.

#57. BREAKFAST CARROTS WITH WHEATGERM

carrots	corn oil
wheatgerm	salt

Nituke thinly sliced carrots 20-25 min. Toast wheatgerm in a dry pan (toast means low heat, roast means higher heat) add to finished carrots and serve. Use leftovers in #105.

#58. BREAKFAST CARROTS WITH ALMONDS AND WHEATGERM

Nituke carrots as in #57 but using dark sesame oil. Toast almonds and either chop or grind. Add with toasted wheatgerm and salt to finished carrots and serve.

#59. CARROTS AND BURDOCK (Gobo) WITH SESAME SEEDS

Burdock: Called "gobo" in Japan, it is a delicious and very popular root vegetable there. In America it grows wild and is often considered a yard pest. The root may be 1-2 feet long, is

dark brown in color and less than one inch diameter. It is very alkaline and rich in nutrients. Soaking helps make it more tender. It is best cut in matchsticks, but may be thinly sliced diagonally.

burdock	corn oil
carrots	sesame oil
toasted sesame seeds	tahini

Soak the burdock for several hours. Slice both burdock and carrots in matchstick-size pieces, using 2 parts burdock to 1 part carrots. Saute in oil, $\frac{1}{2}$ corn and $\frac{1}{2}$ sesame. With oil very hot saute burdock 5 min., add carrots and saute 5 more minutes. Dry on a paper towel. Add plenty of sesame seeds and serve with a little tahini. For a deeper flavor, finally wok all ingredients together for several minutes.

#60. FRESH DAIKON NITUKE

Daikon: Japanese long, white radish. It is a staple food in Japan especially in Zen monasteries where it is pickled in bran and salt or in miso, grated and served in hot water as a cure for fever, made into a compress for internal and superficial infections, and prepared nituke. It can be grown easily in America in all seasons and is available at Japanese groceries.

fresh daikon	orange juice
miso	grated orange rind
honey	

Prepare daikon nituke; saute 5 min., steam 10 min. Add other ingredients to taste and cook in broth 10 more minutes. The sauce should be plentiful and not too sweet.

#61. DRIED DAIKON

Packages of dried, shredded daikon are available at most Japanese groceries.

1 c. dried daikon	1 t. salt
4 t. corn oil	4 t. tamari
1 t. honey	

Cover daikon with water and soak 1 hour. Squeeze out water and save. Saute in oil over medium fire for 2 min. Cover daikon with water from soaking, bring to a boil, lower flame and cook about 90 min. until water is evaporated. Ten minutes before finishing, add salt, tamari and honey. Stir and serve. Use leftovers in Okonomiaki #33.

#62. STRING BEANS WITH ALMONDS

string beans	salt
almonds	pepper
corn oil	

Cut off tips of beans and French Cut (along long diagonal). Saute in hot corn oil and add salt and pepper immediately. Leave underdone. Toast almonds and chop into thirds. Add to beans several minutes before end of sauteing.

#63. CAULIFLOWER AND CHEDDAR CHEESE

1 head cauliflower	parsley
cheddar cheese	corn oil

Break up cauliflower and saute 2 min. in corn oil. Add water and steam 10 min. Put in wooden bowl and immediately add finely chopped cheddar cheese and parsley. Cover.

#64. BROCCOLI WITH CHEDDAR CHEESE

broccoli	carrots, grated
cheddar cheese, grated	sunflower seeds, roasted

Saute together 3 parts broccoli to 1 part grated carrots for 2 min. Add water and steam about 8 min. Add grated cheddar cheese and roasted sunflower seeds to pan, mix all together and serve.

#65. CELERY WOKED

Wok: A bowl-shaped chinese metal pan used for sauteing vegetables at very high temperatures to seal in the flavor and color, leaving the vegetables crisp and somewhat raw inside.

celery	tamari
corn oil	

Wok slices or celery in very hot oil. Add tamari just before finishing.

#66. DOCK SALAD

Dock grows wild in many vacant lots, fields, and hillsides. It is delicious both raw and cooked. Gather from December to March. It can be steamed like spinach and served with Bechamel Sauce #30, or with a little vinegar and gomasio. It is also good cold in salads. Mix and serve cold:

2 lbs. dock	juice of 1 lemon
$\frac{1}{2}$ c. oil	1 onion, grated
$\frac{1}{2}$ c. roasted sesame seeds	

#67. BANANA SQUASH SAUTE

banana squash	corn oil
tamari	sesame oil
cinnamon	

Cut squash into 1 inch cubes. Saute 30 min in $\frac{1}{2}$ corn oil and $\frac{1}{2}$ sesame oil. Add tamari 10 min. before removing from pan.

#68. SQUASH CASSEROLE

varieties of squash: summer, butternut, crookneck etc.	mushrooms
onions	breadcrumbs
green peppers	thyme
tomatoes	gomasio

Steam squashes until half-done. Saute onions, pepper, tomato

and mushrooms. Place all together in baking pan with plenty of breadcrumbs and croutons, thyme and gomasio. Bake at 350 deg. for 45 min.

#69. STALE BREAD AND SQUASH THING

$\frac{1}{2}$ medium banana squash	2 t. cinnamon
1 onion	$\frac{1}{2}$ t. ground ginger
3 c. ground, toasted breadcrumbs	$\frac{1}{2}$ T cloves
1 T. honey	1 T. dark sesame oil
1 t. salt	1 T. tamari

Cut squash in 2 inch squares, boil in a little water with the skin on for about 2 hours. Mash and mix in all ingredients. Bake at 375 deg. for 1 hour. This can also be served over rice.

#70. ROASTED CHESTNUTS AND YAMS (For Thanksgiving)

5 yams	cloves
$1\frac{1}{2}$ lbs. chestnuts	ginger
nutmeg	salt

Roast chestnuts by preheating oven to 425 deg., pricking the skins with a fork, and putting them in the oven for 15-20 min. Cut the yams into 1 inch cubes and boil for about 1 hr. until soft in a small amount of water. Mash them thoroughly, chop the chestnuts, mix and add other ingredients. Bake at 350 deg. for one hour.

#71. VEGETABLE ENTREE TURNOVER

This is a favorite in Russia, called Piroshki. Prepare pie crust and form into turnover as in #153. Take slivered carrots, onions, cabbage etc. and saute. Add cooked rice and gomasio and form into balls. Put these inside turnover and bake at 350 deg. for 20-30 min. These can be filled with any vegetables or grains. Also especially good are squashes and pumpkins with nuts and seeds, or yam dishes as in #55-56

#72. KALE IN SOUR CREAM

1 lb. bunch kale	1 t. honey
$\frac{1}{2}$ c. sour cream	salt and pepper
1 medium spanish onion	butter

Take kale leaves off stems (the stems are very tough) and chop leaves finely. Cook in butter (or saute in oil) in a pan for 30-40 min. Saute onion until transparent. Add to cooked kale with rest of ingredients. Reheat and serve. Kale thrives in fall and winter gardens.

#73. SWEET FRIED EGGPLANT

Many people dislike eggplant because of its extreme acidity. However, if you have some that you do not wish to waste, this preparation is tasty, emphasizing their sweetness

eggplant	eggs
breadcrumbs	corn oil

Slice eggplant into $\frac{1}{2}$ inch thick discs, dip in beaten eggs and then ground breadcrumbs. Fry long and slowly in hot corn oil. Tastes almost as sweet as a dessert.

#74. SQUASH IN MUSO SAUCE.

Tahini: Also called sesame butter, it is a Near Eastern product of hulled sesame seeds in the form of a thick, rich paste like peanut butter. Available at most health food stores, it can also be made at home by fine grinding in suribachi or hand mill of raw, hulled sesame seeds.

Muso: A sauce or spread made from miso or tamari and tahini usually in the proportions: 4 tahini to 1 miso or tamari

squash, any varieties	4 parts tahini
celery	1 part tamari
onions	

Saute vegetables, beginning with onions. Add sauce several minutes before finishing. This sauce is also good with green beans, spinach, chard, and other green vegetables sauteed or steamed.

#75. TEMPURA COOKING

The most common ways of preparing vegetables at Tassajara are nituke, steaming, and tempura. The latter is for special occasions. To prepare the batter:

$\frac{1}{2}$ c. unbleached white flour	$\frac{1}{2}$ c. cold water
$\frac{1}{2}$ c. whole wheat flour	$\frac{1}{4}$ t. salt
1 egg	

Beat egg lightly with water. Sift flour into mixture and stir thoroughly but do not beat. Do not worry if batter is lumpy. Do not allow batter to stand for long. Make the batter after the vegetables are cut and the oil is at 355 deg. To test the oil temperature: It is right if a drop of batter sinks then rises quickly to the surface where it spins around. If it sinks to the bottom and rises slowly, the oil is too cold. If it does not sink, the oil is too hot. Use leftover oil for baking breads.

Do not break the lumps in the batter. Do not overmix. Do not make a lot of batter. Dip one slice into the batter at a time.

Always keep the oil clean by skimming. Drain cooked pieces on a screen or strainer, then on an absorbent towel. The oil should be 2-3 in. deep. Good things to dip in the batter are:

- onion rings or wedges
- carrots sliced thin diagonally
- corn and chopped onions in batter balls
- cauliflower or broccoli flowerettes
- yams, turnips, or squash
- banana, mung bean sprouts and almonds!
- soybeans, cooked with carrots grated and celery chopped
- apples
- bananas
- maple blossoms (early spring)

Often the batter will stick better to vegetables if they are first dusted in flour.

Tempura dips:

TENTSUYU SAUCE:

1 c. vegetable soup stock	ginger, powdered
$\frac{1}{2}$ c. tamari	lemon juice
2 T. honey	pinch horseradish
5 in. grated daikon	

Bring the stock, tamari, and honey to a boil, remove from heat and add the remaining ingredients.

KONNYAKU SAUCE:

onion, celery, carrot, turnip	2 T. honey
4 T. tamari	2 T. tomato paste
juice of $\frac{1}{2}$ lemon	$\frac{1}{2}$ c. vinegar
1 T. cornstarch	$\frac{3}{4}$ c. water

Bring $\frac{3}{4}$ c. water to boil. Add honey and stir, cooking 1 min. Add vinegar and cook another minute. Blend in cornstarch, tamari, and an additional $\frac{1}{2}$ c. cold water. Stir to thicken. Use an enamel pan. Add the remaining ingredients and serve.

V. SEA VEGETABLES

Sea vegetables are widely used in Japan with many vegetable and grain dishes. The most common varieties for cooking are hijiki, nori, wakame, kombu and dulse. All except nori are usually washed and soaked before cooking until they swell and soften a little. Sea vegetables are very rich in minerals, especially iodine and magnesium, and are an excellent organic substitute for kelp tablets. The following are available in dried form and are especially recommended for daily use. Get them at Co-op or any Japanese grocery:

Hijiki: Also spelled "hiziki, this is a small, spindle-shaped black seaweed often called "black rice" in Japan. It is the only seaweed served exclusively as a vegetable. To prepare: wash and soak 15 min., saute in sesame oil, cover with water and simmer for about 1 hour until most of the water has evaporated. Add tamari 10 minutes before the end. Hijiki is used in many soybean dishes at Tassajara and also combines well with almost any vegetable such as onions, carrots or lotus root: 3 parts vegetable to 2 parts hijiki. Saute the vegetable, add the soaked hijiki and nituke both together. It is also good prepared like dried daikon #61. For preparation with soybeans see #78 and #79.

Nori: Also called "laver" or "sloat", it comes pressed in paper-thin sheets. The only preparation required is toasting. Hold nori sheet with your fingers 5-6 inches above a flame and wave gently until it starts to wrinkle. The principal use for nori is in making rice balls #9, and sushi #10. Toasted nori can also be crumbled and used as a garnish with rice, udon or soba #27, and vegetables. It can also be sauteed:

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#76. NORI WITH TAMARI

1 pkg. nori
2 c. water

3 T. tamari

Break nori into 1 inch strips. Soak in water 20 min. Cook in the same water for 30 min. in a covered saucepan. The water should be well absorbed. Add tamari, cover, and simmer 30 min. more. It is good served with a tray of pickles and will keep for a week in a cool place.

Wakame: A dark, delicate long seaweed with a subtle taste, it is often used in miso soups, wakame soup, or simply roasted or baked and eaten as a condiment. It is delicious soaked in water for 10 min, chopped and cooked in miso paste with sauteed onions and a little water.

Kombu: A nutritious seaweed that comes in thick, green sheets. It is popularly cut in strips after soaking and tied in a knot before cooking. Almost all kombu used today comes from Hokkaido Island in Japan, although it can be easily collected off our own shores.

Dulse: This is the only popularly consumed domestic sea vegetable.

VI. BEANS AND SPROUTS

Bean products are an excellent source of protein in the vegetarian diet although they are heavier and not as easily digested as grains and most vegetables. Generally $1\frac{1}{2}$ c. of dry beans will serve 4-6 people. Split peas, lentils, and pinto beans can be cooked without soaking. Aduki, soy and garbanzo beans should be soaked overnight. Do not add salt to the water in which beans are cooking or they will not become soft. Generally use 3-4 times as much water as beans and simmer 3-4 hours after soaking overnight.

I. SOYBEAN PRODUCTS

Soybeans: Soybeans are the richest source of complete protein. The dry bean has an average of 40% protein, although different samples range from 35 to 43%. By comparison, beef is 20%, chicken 21% and eggs 13%. Of the various soybean products, the beans themselves are probably the hardest to digest. For this reason they are often eaten in the form of miso or tamari, and, less commonly, tofu. At tassajara, whole pressure cooked soybeans are served every other morning for breakfast. They are rather tasteless when served plain. Try preparing them with hijiki, miso, lentils or tahini (#77-#82). Soybeans have been called the vegetable cow of the Orient. They are among the favorite dishes at Tassajara.

Miso: Miso is fermented soybean puree. This ancient Japanese staple, the "meat" of the vegetarian diet, is a very rich source of protein and of quick energy. It is an effective aid to

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digestion since it contains bacteria (such as lactobacillus) which are particularly helpful in digesting cellulose. Since long boiling destroys these, miso is usually added toward the end of the cooking time.

Miso is a thick brown paste made from soybeans, salt and water combined with wheat, barley, or rice. The best brands are fermented for 1½ to 3 years without chemicals or preservatives in the traditional Japanese manner. Miso has a deep, satisfying bullion flavor and is used as the broth in miso soups and dry bean soups, with pressure cooked soybeans, with sauteed vegetables, and, mixed with tahini, as a spread for bread known as Muso. Chico-san food producers, located in Chico, California, sell the highest quality miso and tamari in both commercial and bulk quantities. A lower quality, less expensive variety is also available at Co-op and Japanese groceries in 1 lb. cartons.

Miso soup is served every night for dinner at Tassajara.

Tamari: Tamari is the traditional, high quality soy sauce or "shoyu" made from the same ingredients as miso and fermented 1½-3 years without chemicals or preservatives. Although more expensive than commercial soy sauce, it is much more concentrated, more nutritious and tastier. Like miso, tamari should be added to a dish no more than ten minutes before the end of cooking so as not to destroy the digestion-aiding bacteria. At Tassajara it is never used directly on rice or other grains. Like miso, it is used extensively in Japanese cooking both for salting and flavoring.

Tofu: Tofu is the curd or "cheese" made from the liquid in which crushed soybeans have been softened. This liquid is then solidified by boiling. Store it in water in a cool place. Tofu is most commonly used in hot broth soups, especially miso soups #96-98. It can also be sauteed #87.

#77. BASIC SOYBEAN PREPARATION (serves 5-7)

2 c. dry soybeans quart container
tamari

Put 2 c. dry soybeans in a quart container and fill the container with water. Let soak overnight. Put into a pressure cooker and cook at 15 lb. for 40-50 min. Allow pressure to go down naturally. If water remains, continue to simmer beans in open pot until it is gone. Add tamari to taste 10 min. before finishing. Note: It is very important that soybeans be well cooked. Some soybean cookbooks state that soybeans give twice as much protein if they are not heated above 140-150 deg. These suggest that they be baked or cooked in water inside an oven at this temperature. However, if you are going to boil soybeans (water boils at 212 deg.) they should be boiled until they are very soft and easily crushed between the thumb and ring finger otherwise they will cause digestive problems (to put it nicely!)

#78. SOY BEANS WITH HIJIKI

Cover ½ c. hijiki with water and soak overnight. Add to pressure cooker with soybeans and prepare as in #77.

#79. SOY BEANS WITH HIJIKI AND TAHINI

Prepare as in #78. Mix a sauce of 4 parts tahini to 1 part tamari or miso and add to cooked soybeans and hijiki. Saute all together in pot or pan for at least 10 min.

#80. SOY BEANS SAUTEED IN MISO.

3 c. soybeans	miso
$\frac{1}{2}$ c. hijiki	tamari

Soak soybeans and hijiki overnight and pour off water. In pressure cooker add water, including the water from soaking to $1\frac{1}{2}$ times the depth of the soybeans. Cook 90 min. at 15 lbs. Saute in tamari and a little miso, or in miso soup, for 30-45 more minutes. Note: The lengthy pressure cooking time and the sauteing makes the beans much more tender, delicious and digestible.

#81. SOY BEANS WITH LENTILS AND BUCKWHEAT FLOUR

2 c. soybeans	buckwheat flour
2 c. lentil-miso soup	tamari

Soak 2 c. soybeans overnight. Drain off water and save for soup stock. Add beans to 2 c. lentil-miso soup #101. Pressure cook 40-50 min. at 15 lb. and let pressure come down naturally. Add tamari to taste and thicken with roasted buckwheat flour.

#82. SOYBEANS WITH CARROTS AND LENTIL SPROUTS

Prepare soybeans as in #77. Mix grated carrot, lentil sprouts, and fresh or cooked green leafy vegetables such as chard or spinach. Saute vegetables in corn oil. Add cooked beans to pan and saute all together. Add tamari to taste 10 min. before finishing saute.

#83. SOY BEANS WITH DRIED DAIKON

Prepare soybeans as in #77. Prepare dried daikon as in #61. (Or, saute onions until transparent.) Add either daikon or onions to cooked soy beans, saute in a little corn oil and miso and add tamari to taste 10 min. before finishing.

#84. SOYBEAN STEW

3 c. soybeans	$\frac{1}{4}$ c. squash
$\frac{1}{2}$ c. cooked lentils	1 T. hijiki
$\frac{1}{4}$ c. red peppers	$\frac{1}{4}$ c. cooked carrots

Grind $1\frac{1}{2}$ c. soybeans in blender or food chopper until they are in small chunks and dry. Leave $1\frac{1}{2}$ c. whole. Soak the two batches overnight and prepare the plain beans as in #77, then puree them in hand mill or blender. Soak hijiki overnight. Saute all vegetables. Place all ingredients in a soup pot and simmer until thick and done. Note: The $1\frac{1}{2}$ c. chopped soy beans should be undercooked and taste like peanuts.

#85. BROILED SOYBURGERS

2 c. soybeans	$\frac{1}{4}$ c. soy grits soaked in:
1 onion, grated	c. stock
1 clove garlic, minced	3 T. oil
1 carrot, grated	t. salt
1 stalk celery and tops; chopped fine	c. brown rice, cooked
$\frac{1}{2}$ c. wheat germ	t. dill seeds, ground
2 eggs, beaten	1 sprig dill, minced

Soy grits can be made by chopping dry soybeans or quickly putting in blender. Cook 2 c. soybeans as in #77 and puree in hand mill or blender. Blend all ingredients and mold in patties. Broil until brown on each side. Note: soak soy grits overnight.

#86. ROASTED SOYBEANS

$\frac{1}{2}$ c. dry soybeans
2 c. cold water

Soak beans overnight. Drain liquid and reserve as stock. Dry beans between towels. Spread out on shallow pans and roast for 2 hours at 200 deg. Then place under broiler and continue to cook stirring frequently until brown. Serve whole, or grind or blend to use like nuts in casseroles, soups, vegetables etc.

#87. TOFU SAUTEED

tofu	tamari
scallions (green onions)	corn oil
mustard greens, opt.	

Cut tofu into 1 inch cubes and saute gently in corn oil for 5 min. Add tamari and saute 5 more min. In wooden bowl add chopped scallions and very little chopped mustard greens and stems.

II. AZUKI BEANS (See #5 for description)

#88. AZUKI BEANS WITH ONIONS

$\frac{1}{2}$ c. azuki beans	1 large onion
$1\frac{1}{2}$ c. water	$1\frac{1}{2}$ t. tamari

Soak beans overnight. Pressure cook in water at 15 lb. for 45 min. and allow pressure to come down naturally. Remove cover, add tamari to taste and simmer until any remaining liquid evaporates. Saute large onion in corn oil and add to cooked beans. May serve with a little gomasio.

#89. SWEET AND PUNGENT AZUKI AND BLACK BEANS

$1\frac{1}{2}$ c. azuki beans	soy sauce
$\frac{1}{2}$ c. black beans	ginger, fresh grated
vinegar	orange peel, chopped
honey	arrowroot or cornstarch

Soak beans overnight and boil in about 5 c. water for approximately 1 hour until they are between hard and soft. Pour off liquid from beans and add it to other ingredients. Pour sauce back over beans, heat and serve.

III. GARBANZO BEANS

Also called chickpeas, they are well know in the Middle East. They contain approximately 21% protein. Like ezuki beans, they are usually pressure cooked. They are good in any vegetable soup, with vegetables and vegetable salads, as a sauce for bulghur, as a cracker dip, or alone.

#90. BREAKFAST GARBANZO BEANS

2 c. garbanzo beans	1 onion
$\frac{1}{2}$ c. hijiki	1 carrot, grated
$\frac{1}{4}$ c. aduki beans	miso
tamari	

Soak beans and hijiki overnight. Saute onion and carrot with very little oil. Meanwhile pressure cook beans and hijiki 90 min. at 15 lb. Add cooked beans and hijiki to sauteed vegetables, add miso and tamari and saute all another 30-45 min. at low heat. Use leftovers in spread #134.-/35

#91. GARBANZO BEAN SALAD

5 c. garbanzo beans	2 cloves garlic
$\frac{1}{2}$ head celery	2 T. salt
1 diced onion	1 T. tamari
chives	$\frac{1}{4}$ t. dry mustard
Dressing consisting of:	$\frac{1}{4}$ t. dry ground ginger
$\frac{1}{2}$ c. corn oil	$\frac{1}{4}$ t. pepper
1 T. dark sesame oil	
$\frac{1}{2}$ c. apple cider vinegar or lemon juice	

Soak beans overnight and pressure cook at 15 lbs. for 50 min. Mash $\frac{1}{2}$ c. of cooked beans. Mix dressing and add to beans when hot. Cool and serve like potato salad.

IV. PINTO BEANS

Famous as mexican frijoles

#92. REFRIED PINTO BEANS

2 c. pinto beans	corn oil
8 c. water	cheddar cheese
cumin seeds	sour cream, yoghurt, or ricotta
1 clove garlic	1 onion diced
salt	

Soak beans overnight and boil 3-5 hours over low heat until soft. Mash in pot. Fry in hot oil with onion, garlic and cumin seeds. Add sour cream and finely chopped cheddar at end. Salt well to taste. Use leftovers as a spread.

V. SPROUTS

Sprouting causes the protein, vitamin, and mineral content of seeds and beans to increase 3-5 times in several days. While most seeds, grains and beans can be sprouted, alfalfa seeds, mung beans, lentils and wheatberries seem to do best. Sprouts live off water and air and allow us to tend an indoor farm, even in the winter, without using up earth. They are good to add to cold salads, soups, and all grain and vegetable dishes.

To sprout alfalfa seeds: Soak in water overnight. Place about 3 T. in a gallon jar, cover the top with cheesecloth held in place with a rubber band, drain off the water through the cheesecloth without removing it, store in a warm, dark place. Rinse sprouts each morning 3 times without removing the cheesecloth. Eat when the sprout is 1-2 inches long.

To sprout mung beans, lentils, or wheatberries: Soak in water overnight, drain and spread out $\frac{1}{2}$ inch deep to cover the bottom of a large tray or pan. Cover tray with tinfoil, thick cloth, or another tray and store in a warm, dark place. Rinse three times each morning and drain thoroughly after each rinsing. Eat when wheat sprout is the length of the seed, when mung bean sprout is $1\frac{1}{2}$ -3 inches long, and when lentil is 1 inch long.

#93. MIXED SPROUT SALAD

lentil, mung bean and/or
alfalfa sprouts
peanuts, roasted or raw

sunflower seeds, roasted
honey (very little)
orange or grapefruit sections
and juice (little)

Mix and serve. Dark sesame oil and gomasio is also a good dressing; better in cold seasons.

#94. SPROUT SALAD WITH MINER'S LETTUCE

We ate this salad daily for several months during the long winter of 1968 when the road was blocked and miner's lettuce grew everywhere.

Prepare with the same ingredients as #93 except that the body of the salad is miner's lettuce, freshly picked and washed. Also, use wheatberry sprouts. Add other edible wild greens such as dock, shepherd's purse, mustard greens, chickweed, sorel and wild hyacinth bulbs, roasted.

Note: Wheatberry sprouts are delicious and very sweet served alone in a small dish. Don't serve too many since they must be chewed very well.

#95. CHINESE LENTIL SPROUT DISH

Ordinarily sprouts are served uncooked to retain the vitamins more effectively. Here they are cooked.

lentil sprouts
chinese cabbage
scallions (green onions)
peppers, green or red
cornstarch or arrowroot

ginger
tamari
honey
vinegar
corn oil

Saute vegetables in oil add sprouts last. Add spices and thicken with cornstarch or arrowroot

VIII. SOUPS

At Tassajara hot soup is served every day with lunch and dinner; a thick bean, pea or vegetable soup with lunch and miso soup with dinner.

Soup stock: The basis for many soups is soup stock which is a good way of wasting nothing. Save all liquids rich in food value such as water in which any vegetables have been cooked or in which beans have been soaked. Keep a soup stock pan in the kitchen. In it put trimmed outer leaves of leafy, green vegetables, tops and tips of carrots, celery, green onions, asparagus, beets and chard, and the ends of squash, cucumber etc. Put all these dry into the soup stock pan. Before cooking any soup, take the ingredients in the soup stock pan, add them to any liquid stock, boil for several hours and make the base of the soup.

#96. MISO SOUP WITH TOFU, CARROTS, BURDOCK AND MUSHROOMS (serves 6)

3-4 T. (heaping) miso	1 large onion
8-9 c. boiling water or stock	1 medium carrot
1 T. corn oil	1 large burdock (gobo)
tofu	10-12 mushrooms

Cut carrot and burdock into matchstick slivers and cut onion and mushroom into thin slices. In oil, saute onion, mushroom, carrot and burdock in that order, adding one at a time, for about 10 min. total. Add sauteed vegetables to 8-9 c. boiling water or stock, cover pot, and simmer for 15 min. Dilute miso in $\frac{1}{2}$ c. hot water from pot. (Or, put miso in a strainer and dip in the hot soup until the miso dissolves.) Add to pot 20-25 $\frac{3}{4}$ inch cubes of tofu. Immediately remove pot from stove, cover, let sit 10 min. and serve. Use leftovers in gruel #37.

#97. MISO SOUP WITH WAKAME

Use the same ingredients as in #96, however omitting the burdock and adding 2 c. dry wakame. Wash wakame and soak 15 min. in the 8-9 c. water. Take off wakame leaves from stems which are too hard. Cut the leaves into $\frac{1}{2}$ inch pieces. Saute wakame with vegetables and proceed as in #96.

#98. WAKAME SOUP

2 c. dry wakame	green onions (scallions)
9-10 c. stock from yams or potatoes. (or water)	lemon juice
spinach or chard	tamari
tofu or 1 potato	

Wash wakame and soak 10-15 min. Take off leaves from stems, cut into $\frac{1}{2}$ inch pieces and add to boiling stock or water. If using a potato, cut into $\frac{1}{2}$ inch cubes and boil with wakame. Boil 30-40 min. Remove from fire and add 15-20 $\frac{3}{4}$ inch cubes of tofu. Do not use tofu if you have used a potato. Dice green onion and spinach or chard for garnish and sprinkle on top of soup just before serving.

#99. SOY SAUCE AND LEMON SOUP (Serves 4-6)

1 c. fresh peas	lemon juice
tofu or 1 potato	2-3 T. tamari
6 c. water or stock	

If using potatoes, cut into $\frac{3}{4}$ inch cubes and boil 20-30 min. in water or stock. Add peas and 1-2 T. tamari (to preserve the color in the peas) and boil 10 more minutes. If not using a potato, add 10-15 $\frac{3}{4}$ inch cubes of tofu. Add lemon juice and tamari to taste, let sit 10 min. and serve.

#100. BURDOCK, CARROT AND ONION SOUP

burdock (gobo)	soup stock or water
carrots	dark sesame oil
onion	corn oil
tamari	

Saute vegetables in 3 parts corn oil to 1 part dark sesame oil. Add soup stock and boil 30 min. Carrots and burdock may be slivered into matchstick sizes or thinly sliced with onion. Add tamari to taste 10 min. before finishing. A hot and healing soup.

#101. THICK LENTIL SOUP WITH MISO

2 c. lentils	4 T. (heaping) miso
8 c. water or stock	oregano (fresh)

Soak lentils overnight in water. Boil 2-2 $\frac{1}{2}$ hours over low flame in covered pot until very thick. They may also be pressure cooked 40-50 min. at 15 lbs., allowing pressure to come down naturally. Dissolve miso in $\frac{1}{2}$ c. hot water, add to soup and stir. Let sit 10 min. and serve. Use leftovers in Soybeans with Lentils and Buckwheat Flour #81, Soybean Stew #84, or in Lentil-Miso Spread #133

#102. THICK LENTIL SOUP WITH MISO AND VEGETABLES SAUTEED

Prepare lentils and miso as in #101. Saute thinly sliced onion, carrot and celery in corn oil. Add a small amount of water to the pan and steam with lid on for another 10-15 min until water has evaporated. Add to lentils with miso, let stand 10 min. and serve. Use leftovers in Soybeans with Lentils and Buckwheat Flour #81, Soybean Stew #84, or in Lentil-Miso spread #133

#103. LENTIL SOUP WITH MISO AND PARSLEY GARNISH

Prepare lentils as in #101. Saute onion, yam and celery in that order and steam 10 min. Add sauteed vegetables, miso prepared as in #101 and finely chopped parsley to cooked lentils. Let sit 10 min. and serve. Use leftovers as in #101-102.

#104. LENTIL SOUP WITH ONIONS AND CLOVES

In this recipe no miso is used.

2 c. lentils	cloves
8 c. soup stock or water	tamari
2 onions, large	oregano

Soak lentils overnight. Slice onions thinly and pressure cook with lentils and cloves at 15 lbs. for 40-50 min. Allow pressure to go down naturally. Add tamari to taste and serve. Use leftovers as in #101.

#105. ADUKI BEAN SOUP

2 c. aduki beans	2 onions
1 c. lentils	2 carrots or #57-58
1 c. garbanzo beans	miso or miso soup
9 c. water, miso soup or stock	tamari

Soak all beans overnight. Pressure cook at 15 lbs. for 40-50 min. Saute onions and carrots thinly sliced and add to cooked beans or add Breakfast Carrots with Wheatgerm #57 (and almonds #58) Add miso or tamari to taste and serve. If using leftover miso soup #96-97 substitute it for part of the 9 c. water or stock.

#106. BUCKWHEAT NOODLES IN SOUP

This dish is called soba by the Japanese.

1 pkg. buckwheat noodles	3 c. water
1 bunch scallions (green onions)	3 inch piece kombu
1 t. oil	5T. tamari
1 t. salt	croutons

In 2 quarts water, prepare soba as in #27. (To reheat noodles when needed, pour boiling water over them, drain and arrange in bowls.)

Soup is made by first sauteing minced scallions in oil. Add 3 c. water and washed kombu to boil. Cover, lower heat, and boil about 15 min. Remove kombu and add salt and tamari to taste. Pour over buckwheat noodles and serve. Note: Buckwheat noodles go well with any broth or vegetable soup which is thin. Try them with a thin squash or pumpkin soup. Add croutons or roasted flours.

#107. THICK SPLIT PEA SOUP WITH MISO AND VEGETABLES

Substituting 2c. split peas for 2 c. lentils prepare exactly as in #101, #102, or #103. Serve with oregano and thyme.

#108. COLD SPLIT PEA SOUP

2 c. split peas	oregano, fresh sticks
5-6 c. water	cumin seed
1 onion	thyme
1 carrot	cream or milk (opt.)
½ bay leaf	

Soak peas overnight in water and pressure cook with $\frac{1}{2}$ bay leaf for 40-50 min at 15 lbs. or boil over low flame for 2-3 hours. Saute onion and carrot and steam 10-15 min. Add to cooked split peas with finely chopped fresh oregano, thyme, and cumin seed. Cool, add cold milk or cream, and serve cold in summer for lunch.

#109. COLD BEAN AND SPLIT PEA SOUP

- | | |
|--------------------|-----------------|
| 1 c. pinto beans | carrot |
| 2/3 c. black beans | oregano |
| 1/3 c. split peas | rosemary |
| 6 c. water | cumin seed |
| lemon | salt |
| onion | milk (optional) |

Soak legumes overnight in 6 c. water. Pressure cook 40-50 min. at 15 lbs. allowing pressure to come down naturally or boil 2-3 hours over low flame. Nituke thinly sliced onion and carrot and add to cooked legumes along with herbs and spices. Add milk to obtain desired consistency and a small amount of lemon juice to taste.

#110. NAVY BEAN SOUP

Navy bean: This is a small white bean also called "white beans". It takes the longest to cook of all the beans. They are a variety of kidney bean (along with red kidney beans and mottled Pinto beans) first cultivated by the Indians of South and Central America. Navy beans are used for Boston baked beans. They are rich in protein (22.5%) and delicious prepared with miso. We ate these almost daily during the long winter of 1968.

- | | |
|-----------------|---------------|
| 2 c. navy beans | carrots |
| 7 c. water | onions |
| miso | caraway seeds |

Pressure cook beans at 15 lbs. for 1 hour allowing pressure to come down naturally or simmer for 3-4 hours. Saute vegetables and add with miso and caraway seeds. Stir and allow to sit for 10 min. Serve.

#111. ONION SOUP

- | | |
|------------------------|-------------------------|
| 3 onions, large | dried bread or croutons |
| 4 c. soup stock | 1 t. corn oil |
| 2 T. whole wheat flour | tamari |
| black pepper | grated parmesan |

Slice onions thinly from top to bottom and saute slowly in corn oil until transparent. Slowly add flour and stock, stir and simmer for 1 hour. Leave lid on and allow to sit and cool. Then reheat to boiling, add tamari and serve with side dishes of croutons and grated parmesan. Add nutmeg for special effect.

#112. EGG DROP SOUP

- | | |
|-----------------|--------|
| cabbage, sliced | ginger |
| eggs, beaten | tamari |

For soup stock use water from boiling potatoes or yams if possible. However any stock will do. Saute thinly sliced cabbage and add to boiling stock. Mix beaten eggs in a separate bowl with hot water, then add to soup. Boil all together 10 min., add ginger and tamari to taste and serve.

#113. BANANA SQUASH SOUP

banana squash	garlic
stale bread pieces	nutmeg
onions	oil
chard, optional	seasalt

Saute onions and add 1 inch cubes of squash. Use approximately 1 lb. squash to each large onion. Use the skins of both. After sauteing, add enough water to cover and boil slowly until the squash falls apart. It can also be pressure cooked for 20 min. at 15 lbs. Saute bread in oil and garlic with nutmeg and, if available, chard. Be sure oil is very hot before adding bread or croutons. Add salt to taste and serve.

#114. PUMPKIN SOUP WITH DUMPLINGS

1 lb. pumpkin or hubbard squash	3/4 c. whole wheat flour
2 onions, medium size	3/4 c. buckwheat flour
breadcrumbs or croutons	cinnamon
sea salt	nutmeg
parsley, shredded	corn oil

Saute and boil onions and pumpkin as in #113. Salt and strain or put through hand mill. Brown 3 T. each of whole wheat and buckwheat flour in oil, mix with enough water to make a thin paste, blend this into the pumpkin mixture and boil again. Mix the remainder of the two flours together with 1/2 t. sea salt and water making a thick paste for dumplings. Drop one spoonful of this thick batter into boiling water for 5 min. Add these dumplings to the pumpkin soup 30-40 min. before serving. Add croutons, parsley, and spices. Serve. Delicious throughout the fall. Make it thick.

#115. MUSHROOM SOUP (Serves 10)

1 lb. mushrooms	1/2 box dried tofu
2 onions, medium size	1/2 c. tamari
2 carrots, large	1/2 c. vinegar
1/2 pkg. dried lotus root	2 T. honey
1 T. corn oil	sea salt
water chestnuts, optional	

Saute onions and mushrooms in that order. Add vinegar, honey, and tamari and marinate overnight. Thinly cut carrot, lotus root and tofu and soak 20 min. Cook all together 1 hour, salt to taste and serve. First prepared on Buddha's Birthday, April 8, 1969 at Horse Pasture near Tassajara. We sat in black robes in a grove of oaks. Chanting the Hannya Shingyo we poured hot, sweet tea over a small figure of the baby Buddha on a raised stone altar in a field of wildflowers. We sat on the eight petals of a great lotus for lunch.

#116. FRENCH SUMMER SOUP

6 c. soup stock	½ c. of any of the following
1 t. parsley	totaling 2½ c.:
1 t. honey	carrots, diced
1 t. chopped mint	beans, green
6 chopped spring onions	peas
¼ t. powdered clove	cabbage or chard
sea salt	zucchini
pepper	turnips
	tomatoes

Simmer all ingredients together 45 min.

#117. COLD UNCOOKED BULGARIAN CUCUMBER SOUP

This is a good way to use up cucumbers when you have too many.

3 c. peeled, diced cucumbers	2 cloves garlic, minced
2 t. salt	4 T. chopped dill, fresh
½ t. pepper	3 c. yogurt or 2 c. sour cream
1½ c. chopped walnuts	ice cubes
4 T. olive oil	

Two to six hours before serving refrigerate cucumbers covered with marinade of all ingredients except yogurt. When ready to serve, add thick yogurt or sour cream. Add ice cubes to pot and serve immediately.

VIII. PICKLES

Pickles, called "tsukimono" by the Japanese, are a staple food in the householder's diet and a basic dish served with most meals in the monastery. Pickling the vegetables is a traditional way of preserving them.

Umeboshi salt plum: Umeboshi are made from plums picked before they are completely ripe and preserved in salt for 1-3 years. Traditional families still make their own each year. They are considered helpful in regulating the digestive system and many families would take a little every day or at least once a week. A case of diarrhea called for a salted plum. If you eat too many sweets and treats a salt plum will balance their acidity and prevent sickness. Umeboshi may be eaten as a pickle alone or used in Ume-Syo-Kuzu #125. Since they are quite expensive, they are used sparingly. At Tassajara we have made our own from our own plums.

#118. PICKLES IN NUKA

Nuka: Nuka is the Japanese name for the bran of brown rice. Mix it with salt and put the mixture in a wooden crock, such as a tamari or miso barrel, and you have a "pickle barrel" in your kitchen.

10 c. nuka
1 c. salt

#116. FRENCH SUMMER SOUP

- | | |
|-------------------------|------------------------------|
| 6 c. soup stock | ½ c. of any of the following |
| 1 t. parsley | totaling 2½ c.: |
| 1 t. honey | carrots, diced |
| 1 t. chopped mint | beans, green |
| 6 chopped spring onions | peas |
| ¼ t. powdered clove | cabbage or chard |
| sea salt | zucchini |
| pepper | turnips |
| | tomatoes |

Simmer all ingredients together 45 min.

#117. COLD UNCOOKED BULGARIAN CUCUMBER SOUP

This is a good way to use up cucumbers when you have too many.

- | | |
|------------------------------|--------------------------------|
| 3 c. peeled, diced cucumbers | 2 cloves garlic, minced |
| 2 t. salt | 4 T. chopped dill, fresh |
| ½ t. pepper | 3 c. yogurt or 2 c. sour cream |
| 1½ c. chopped walnuts | ice cubes |
| 4 T. olive oil | |

Two to six hours before serving refrigerate cucumbers covered with marinade of all ingredients except yogurt. When ready to serve, add thick yogurt or sour cream. Add ice cubes to pot and serve immediately.

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- 10 c. nuka
- 1 c. salt

Mix nuka and salt with hot water keeping thick. The following vegetables are most commonly used in pickling: chinese cabbage, daikon, carrot, radish, rutabaga, turnip, celery, cabbage, and cucumber. The longer a vegetable is left in the pot, the saltier it becomes. Therefore experiment with each vegetable. Cabbage is often done after 2 days. Daikon may take several weeks or a month. Usually the vegetable is pickled whole. Wash and serve thinly sliced on a pickle tray. Store in a cool place.

#119. MISOZUKI PICKLES

daikon
miso

Take whole daikon and hang in the sun to dry for about 3 days. Remove leaves and tip of the root and put into a crock of plain miso for 2 weeks to 1 month. It is often best to first put the daikon into a nuka-salt pickle barrel after they have dried so that they do not make the miso too watery. Slice thinly and serve.

#120. PICKLED KOMBU

Put 1 inch wide strips of kombu in a crock of miso for 2-14 days. Wash and serve.

IX. BEVERAGES

Most of the beverages described below are used for their medicinal properties. They are best served hot and alone. Do not serve them with the meal. In general it is best to drink a relatively small amount of liquids since, in a vegetarian diet where grains are the principal food, a great deal of liquid is taken in with cooked grains (60-70% water) and cooked vegetables (80-90% water).

Try not to drink liquids which are too hot or too cold. Drinking cold or refrigerated beverages puts a great strain on the digestive system. One should "chew" any liquid to bring it to the body's temperature in the mouth before it passes into the stomach and intestines. Yogi's also believe that all foods and liquids contain "prana" or life energy which is most quickly and effectively assimilated into the body in the mouth. A yogi will "chew" water before swallowing it.

The most common beverage at Tassajara is tea. It is served each morning during study period before breakfast and each mid-afternoon during work break. The morning tea is a boiled tea, roasted bancha #121 and the afternoon tea may be jasmine, oolong, darjeeling, wild lacepod, rose hips, sasafra or nu tea. Most everyday American teas contain carcinogen dyes which add a brown coloring to the tea so that you can "see" the tea in the pot. These should be avoided whenever possible.

"The tea plant, a native of Southern China, was known from very early times to Chinese botany and medicine. It was highly prized for possessing the virtues of relieving fatigue, delighting the soul, strengthening the will and repairing eyesight. It was not only administered as an internal dose, but often applied

Mix nuka and salt with hot water keeping thick. The following vegetables are most commonly used in pickling: chinese cabbage, daikon, carrot, radish, rutabaga, turnip, celery, cabbage, and cucumber. The longer a vegetable is left in the pot, the saltier it becomes. Therefore experiment with each vegetable. Cabbage is often done after 2 days. Daikon may take several weeks or a month. Usually the vegetable is pickled whole. Wash and serve thinly sliced on a pickle tray. Store in a cool place.

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daikon
miso

Take whole daikon and hang in the sun to dry for about 3 days. Remove leaves and tip of the root and put into a crock of plain miso for 2 weeks to 1 month. It is often best to first put the daikon into a nuka-salt pickle barrel after they have dried so that they do not make the miso too watery. Slice thinly and serve.

#120. PICKLED KOMBU

Put 1 inch wide strips of kombu in a crock of miso for 2-14 days. Wash and serve.

IX. BEVERAGES

Most of the beverages described below are used for their medicinal properties. They are best served hot and alone. Do not serve them with the meal. In general it is best to drink a relatively small amount of liquids since, in a vegetarian diet where grains are the principal food, a great deal of liquid is taken in with cooked grains (60-70% water) and cooked vegetables (80-90% water).

Try not to drink liquids which are too hot or too cold. Drinking cold or refrigerated beverages puts a great strain on the digestive system. One should "chew" any liquid to bring it to the body's temperature in the mouth before it passes into the stomach and intestines. Yogi's also believe that all foods and liquids contain "prana" or life energy which is most quickly and effectively assimilated into the body in the mouth. A yogi will "chew" water before swallowing it.

The most common beverage at Tassajara is tea. It is served each morning during study period before breakfast and each mid-afternoon during work break. The morning tea is a boiled tea, roasted bancha #121 and the afternoon tea may be jasmine, oolong, darjeeling, wild lacepod, rose hips, sasafra or mu tea. Most everyday American teas contain carcinogen dyes which add a brown coloring to the tea so that you can "see" the tea in the pot. These should be avoided whenever possible.

"The tea plant, a native of Southern China, was known from very early times to Chinese botany and medicine. It was highly prized for possessing the virtues of relieving fatigue, delighting the soul, strengthening the will and repairing eyesight. It was not only administered as an internal dose, but often applied

externally in the form of paste to alleviate rheumatic pains. The Taoists claimed it as an important ingredient of the elixir of immortality. The Buddhists used it extensively to prevent drowsiness during their long hours of meditation... Tea began as a medicine and grew into a beverage. In China in the eighth century it entered the realm of poetry as one of the polite amusements. The fifteenth century saw Japan ennoble it into a religion of aestheticism - Teaism. Teaism is a cult founded on the adoration of the beautiful among the sordid facts of everyday existence. It inculcates purity and harmony, the mystery of mutual charity."

from The Book of Tea by Okakura Kakuzo

By the fourth and fifth centuries, tea was a popular drink in parts of China. With Lu Wuh in the middle of the eighth century we find the first apostle of tea. In the "Cha-king", the holy scripture of tea, he formulated the first Code of Tea. The earliest tea, during the T'ang Dynasty was boiled tea. Later during the Sung Dynasty the whisked green tea, known as "macha" in the formal Japanese tea ceremony, became the favorite. It was this type which was imported into Japan from the southern Zen sect and refashioned into the elaborate ritual of tea which is very much alive today. Later still, during the Ming dynasty, the whisked green tea was forgotten, and the steeped tea became fashionable. It was this tea which was imported to the west.

"Japan, which followed closely in the footsteps of Chinese civilization, has known the tea in all its three stages. As early as the year 729 we read of Emperor Shomu giving tea to one hundred monks at his palace in Nara. The leaves were probably imported by ambassadors to the T'ang Court and prepared in the way then in fashion (boiling). In 801 the monk Saicho (Dengyo Daishi) brought back some seeds and planted them in Hiei-san. Many tea-gardens are heard of in the succeeding centuries, as well as the delight of the aristocracy and priesthood in the beverage. The Sung tea reached Japan in 1191 with the return of Eisai-zenji who went there to study the southern Zen school. The new seeds which he carried home were successfully planted in three places, one of which, the Uji district near Kyoto, still bears the name of producing the best tea in the world. The southern Zen spread with marvelous rapidity, and with it the tea-ritual and the tea-ideal of the Sung. By the fifteenth century, under the patronage of the Shogun, Ashikaga-Yoshimasa, the tea ceremony was fully constituted and made into an independent and secular performance. Since then Teaism has been fully established in Japan."

from The Book of Tea

The ships of the Dutch East India Company first brought tea to Europe in 1610. American independence dates from the throwing of tea-chests into Boston harbor.

The story is told of how Bodhidharma, sitting motionless facing the wall, grew irritated with his drowsiness in meditation one day and cut off his eyelashes. These fell to the ground and quickly grew into a tall plant. Boiling the leaves in water, Bodhidharma found that this drink helped him to overcome his drowsiness as it helps us at Tassajara fifteen hundred years later.

#121. BANCHA TWIG TEA.

This is the most common beverage in many Japanese homes. It is prepared by boiling as was the earliest of the Chinese methods for preparing tea during the T'ang dynasty (608-916). Bancha twig tea differs from other green teas in that it is picked only after it has matured for three years on the tree.

1 T. (heaping) bancha
3 c. water

Roast this coarse green tea in a dry pan until browned. Boil in water for 10 min. and serve. It is not necessary to strain the tea after boiling.

A nice variation, commonly used at Tassajara, is to roast sweet brown rice with the bancha and boil together. This is called Gemai Bancha.

#122. BANCHA WITH TAMARI (Syo-Ban)

This beverage is effective for eliminating fatigue and for shock after injuries. Fill tea cup about 1/10 full with tamari, add hot tea prepared as in #121 and serve. Be careful not to use too much tamari or to drink too much or you will become very thirsty.

#123. KUZU CREAM

Kuzu: Kuzu is the medicinal tip of a particular variety of arrowroot plant. It is considered precious in Japan and has been cultivated by one family for generations in a remote mountain location. Kuzu is a medicine and should not be used in place of arrowroot, corn starch, or sweet rice as a thickener since it is quite expensive. It is chemically very alkaline. After overeating, kuzu cream aids digestion. It is especially helpful in neutralizing the potentially harmful effects of overeating sweets and treats, used in much the same way as some people use baking soda as an antacid. Use also as medicine for colds, diarrhea, dysentery and fever.

dried kuzu
tamari

Dissolve the kuzu in cold water and add to 1-2 c. of boiling water, stirring in slowly. Continue adding until the hot kuzu is thick enough to stand a spoon upright. Add a small amount of tamari, turn the fire down and simmer for five min. Serve. It is best never to drink more than 1 cup of this at a time. It should not be taken with other food.

#124. MU TEA

Mu tea is a pre-packaged combination of ginseng root and 15 medicinal herbs and plants. It is delicious, very alkaline, and excellent for all types of illness. Available at good health food stores, the directions are on the package. One package can be used several times. It is relatively expensive and should be used in small quantities.

#125. UME-SYO-KUZU

At Tassajara this thick, creamy medicine is taken to people at mealtimes. It has basically the same uses as Kuzu Cream #123 except that it should not be used for simple over-eating. It should be taken no more than 1 cup at a time and should not be served with other food since, when sick, it is often advisable to fast or eat very little food in order to let the full body energy expel poisons and combat disease rather than digest food.

2 umeboshi salt plums	5 t. tamari
2-4 t. (heaping) kuzu	2 t. raw ginger, grated

Crush 2 umeboshi in 5 c. boiling water. Do not remove seeds. Mix the kuzu in a little cold water until dissolved and add to the boiling water. Grate the ginger and add. Simmer the mixture 30 min, add tamari, let stand 5-10 min. and serve. For a thicker drink, add more kuzu and boil longer.

#126. AZUKI JUICE

This juice is very good for kidney troubles. Drink a little at a time in place of other liquids, especially during the summer when the kidneys are sore from overwork.

1-2 T. azuki beans
8 c. water

Pressure cook the azuki beans for 1-2 hours in water. Remove lid and continue boiling until only 1 quart of liquid remains.

#127. DAIKON AND GINGER DRINK

Use for fevers and colds.

daikon	2 T. tamari
3 c. hot water	1 t. raw ginger, grated

Grate 2 T. of raw daikon. Add with other ingredients to 3 c. boiling water. Boil 5-10 min. and serve hot.

#128. GRAIN COFFEE (Yannoh)

$\frac{3}{4}$ c. brown rice	$\frac{1}{4}$ c. garbanzo beans
$\frac{1}{4}$ c. wheat berries	$\frac{1}{4}$ c. chicory
$\frac{1}{4}$ c. azuki beans	$\frac{1}{4}$ c. whole barley

Roast each ingredient separately until well browned. Mix together and brown in a little oil before grinding into a powder. Boil 1 T. (heaping) in 2 c. water for 10 min. Strain and serve.

#129. KOMBU TEA (Kombu-cha)

Make a fine powder of dried kombu seaweed and add to hot water.

#130. HEALING RICE DRINK

1 c. brown rice
8 c. water

Wash, dry, and roast brown rice. Boil in 2 qts. water for 1-2 hours. Strain through cheesecloth and squeeze out all the liquid. Save pulp for bread. Serve hot liquid to sick people. Good for colds and fever in place of solid food.

X. SPREADS

Spreads are served with bread each day at lunch and made into sandwiches when we have bag lunches. Most spreads will keep for several days in a cool place.

#131. BASIC SOYBEAN SPREAD.

Make this spread from leftover soybeans prepared as in #77-83. Grind up and serve with bread. For additional flavor and variety add freshly roasted, ground sesame seeds, roasted sunflower seeds, grated orange peel, diced apple and raisins. This spread is high in protein and very tasty. It is a good way to use up leftover soybeans.

#132. SUNFLOWER-SOYBEAN SPREAD

1 c. dry soybeans	corn oil
3/4 c. sunflower seeds	honey

Wash soybeans and dry in pan. Add sunflower seeds and roast together until dark. Grind in hand mill or blender leaving some chunks. Add small amount of oil and honey. A small amount of roasted flour may be necessary for cohesion.

#133. LENTIL-MISO SPREAD

Prepare lentils as in Thick Lentil Soup with Miso #101 or lentil soups #102 and #103. Puree in handmill or blender if desired. Add pinch of nutmeg, finely chopped parsley and/or salt to taste. If too thin, cook without covering over a low flame. Cool and serve.

#134. GARBANZO BEAN SPREAD

Make this spread from leftover garbanzo beans from #90 Or:

1 c. dry garbanzo beans	garlic
3 T. tahini	olive oil
sea salt	parsley, fresh chopped

Soak garbanzo beans overnight and pressure cook 1 hour at 15 lbs. in 2½ c. water. Mash. Add salt and other ingredients, cool and serve. Thanksgiving day speciality.

#135. GARBANZO AND MISO SPREAD.

Prepare garbanzo beans as in #90. Add freshly roasted ground sesame seeds and miso to taste.

#136. REFRIED PINTO BEAN SPREAD

Use leftovers from #92. A frijole spread for chapatis.

Wash, dry, and roast brown rice. Boil in 2 qts. water for 1-2 hours. Strain through cheesecloth and squeeze out all the liquid. Save pulp for bread. Serve hot liquid to sick people. Good for colds and fever in place of solid food.

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#137. AZUKI BEAN SPREAD.

Prepare azuki beans as in #88 but adding soaked hijiki before pressure cooking. Mash thoroughly when cooked, add roasted sunflower seeds and serve. Add tamari if more salt is needed.

#138. MUSO SPREAD.

This is one of the most popular and nutritious Tassajara spreads.

1 c. tahini (homemade)	orange rind, grated
$\frac{1}{2}$ c. miso	

This spread is thickest and most delicious if the sesame butter (tahini) is fresh and homemade. Roast $1\frac{1}{2}$ c. hulled sesame seeds until golden brown and grind thoroughly in Corona hand mill. Commercial tahini may also be used. Mix all ingredients and serve. Muso also makes a good sauce for vegetables. See #74.

#139. PEANUT BUTTER AND TAMARI SPREAD

peanut butter, chunky	sesame seeds, roasted
tamari	sunflower seeds, roasted

Mix to taste. Sesame seeds may be ground.

#140. SESAME SPREAD

sesame seeds, roasted	salt
sesame oil	

Roast and finely grind sesame seeds. Mix in oil to desired consistency and taste. Use blender if you want it creamier.

#141. PEANUT BUTTER AND PEAR (or apple) SPREAD

peanut butter, crunchy	sunflower seeds, roasted
pears (or apples)	

Boil and mash pears (or apples) Mix with peanut butter and add roasted sunflower seeds.

#142. PEANUT BUTTER, MISO, APPLES, CARROT AND PARSLEY SPREAD

1 c. peanut butter	1 carrot, grated
$\frac{1}{2}$ c. miso	chopped parsley
1-2 grated apples	

Mix together, let sit overnight and serve.

#143. GUACAMOLE

1 avacado, well ripened	1 t. oil
1 green pepper	$\frac{1}{2}$ T. lemon juice
1 tomato	$\frac{1}{4}$ t. salt
1 sprig parsley	

Mash or blend ingredients together. Serve with Chapati #52, Special Chapati #53, Puri #54 or Onion Rolls #50.

XI. TREATS

Here goes, watch out!

I. TREATS REQUIRING NO COOKING

#144. FANTASTIC SESAME THING

4 c. sesame seeds	1/3 cube butter
1/2 lb. tahini	1 t. vanilla extract
1/2 c. honey	1 t. dark sesame oil
1/2 t. cinnamon	1/4 t. cardamom
1/2 t. cloves	1/4 t. nutmeg

Roast sesame seeds until golden brown and grind finely in Corona handmill or Japanese suribachi. Melt butter and mix in with all ingredients. Put in a shallow tray 3/4-1 inch deep. Cool in refrigerator and serve.

#145. CREAM CHEESE AND DATE BALLS

cream cheese	coconut, finely shredded
dates, pitted and chopped	orange peel, grated

Mix thoroughly and roll into 1 1/2 inch diameter balls. Roll in coconut and serve.

#146. CAROB-FRUIT BALLS

2 c. dates, pitted	sesame seeds, roasted
1 c. raisins, seedless	carob powder
1/2 c. walnuts, large	nutmeg, fresh ground
cinnamon	

Chop walnuts, grind dates and raisins. Add as much carob powder as the mixture will hold. Add cinnamon and nutmeg to taste. When dough is stiff, roll into 1 1/2 inch diameter balls. Roll these in roasted sesame seeds and expose to sunlight (but not to hungry ghosts) for several hours to dry slightly. Serve.

#147. PEANUT BUTTER BALLS

1 c. peanut butter	1 c. chopped dates
1/2 c. roasted wheat germ	sesame seeds, roasted
1/2 c. powdered milk	

Mix all ingredients and roll in roasted sesame seeds.

#148. CREAM CHEESE TREAT

Very greed-arousing. Served during Spring Sesshin 1969, this was all that some people could think about for the next six days.

1 lb. cream cheese	2 T. whole wheat flour
3/4 c. chopped almonds	1/2 t. allspice
3/4 c. raisins	1/2 c. coconut, grated
3/4 T lemon rind, grated	

Soften cream cheese in 2 T. warm water. Squeeze everything together in your fists. Roll into 1 inch diameter balls and roll these in chopped, lightly roasted almonds. Serve.

II. TREATS REQUIRING COOKING

#149. ORANGE BREAD

1 orange, medium size	1 c. whole wheat flour
2/3 c. dates, pitted	1 c. unbleached white flour
1/2 c. walnuts	1/4 t. salt
2 T. butter	1/2 t. baking soda
1/2 c. hot water	1 t. baking powder
1 egg, beaten	1/4 c. honey

Cut whole orange, peel and pulp, in 6 or 8 sections. Put sections, dates and nuts through food chopper. Add to hot water and butter. Pour in well beaten egg. Sift flour, salt and baking powder and baking soda. Add with honey to fruit mixture. Bake in well greased loaf pan for 1 hour at 350 deg. Cool before slicing.

#150. BANANA BREAD

1 c. raisins	1 egg, beaten
1/2 c. chopped nuts	1 c. whole wheat flour
1/4 c. oil	3/4 c. unbleached white flour
1/4 c. honey	2 t. baking powder
3/4 t. lemon rind, grated	1/4 t. baking soda
3 bananas, ripe	

Blend oil, honey, and lemon rind until smooth. Add other ingredients and blend until smooth. Bake at 350 for 1 hour until done.

#151. APRICOT BREAD

1 1/2 c. whole wheat flour	1 c. broken nut meats
1/2 t. salt	1/4 c. honey
1 t. soda	1 egg.
1 1/2 c. unbleached white flour	3/4 c. cooked, mashed apricot pulp
1/4 c. oil	1 c. buttermilk
rind of 1 orange, grated	

Mix all ingredients, folding in broken nut meats and orange rind at the end. Preheat oven to 350 deg. and bake in an oiled loaf pan for 75 min.

#152. PIE CRUST

2 c. whole wheat flour	1/2 t. sea salt
2 c. unbleached white flour	grated orange peel, opt.
3/4-1 c. corn and sesame oil	

The more oil, the flakier the crust. Mix flours, salt and orange peel in a large bowl. Mix in the oil with your hands until the dough forms a ball. The secret of a good pie dough is ice-cold water. Add water, mixing with your hands to earlobe

consistency. Add just enough water to make dough come away from sides of bowl, no more no less. Do not knead too long. Let stand 30 minutes before rolling out.

#153. APPLE TURNOVER WITH LOVE

Filling:

2 apples	$\frac{1}{4}$ t. vanilla
1 c. raisins	cinnamon sticks
$\frac{1}{4}$ c. whole almonds, toasted	(cold night air during
$\frac{1}{4}$ c. sweet white rice	winter Sesshin)

Roast and grind sweet white rice for thickener and sweetener. Place in a pan with raisins and cinnamon sticks, cover with water, bring to a boil and simmer 30 min. Quarter apples and slice across sections very thinly. Cover with water, add cinnamon sticks, bring to a boil and simmer 5-10 min. When apples are still firm, remove from stove, strain off water and save. Mix apples, raisins, rice cream and vanilla.

Make pie crust as in #152 but use the water from the boiling apples, after cooling it, to make the dough. Roll out dough as thin as possible, brush top with 1 part sesame oil, 1 part corn oil. Fold whole sheet of dough in half and roll a little more. Brush again with oil. Fold in half once more (giving four layers) roll out again and brush with oil. Cut dough in 6 inch squares, fold diagonally, spoon in filling and add 3 whole almonds to each turnover. Press edges closed with fingers.

Make glaze of 1 part egg to 1 part water. Mix and brush on. Sprinkle each turnover with poppy seeds or sesame seeds and bake on a greased cookie tin at 450 deg. for about 20 min. Watch carefully since they burn easily.

For alternate fillings use azuki filling as in #154 or vegetable filling as in #71. Also try filling of onions and tamari.

#154. SMALL AZUKI PIE

azuki beans	diced walnuts
diced apples	honey
cinnamon	pie crust

Prepare pie crust as in #152. Pressure cook azuki beans as in #88. Mash azuki beans then reheat for 30 min. with apples. Add honey and walnuts. Prepare turnover as in #153 adding azuki filling and baking. Alternatively, roll out thin pie crust in small disposable pie tins and bake in oven at 400 deg. until brown around the edges. Pour in filling to fill shell and bake at 350 deg. for 10-15 min. until thick. Put half a walnut on top and serve.

#155. PUMPKIN PIE

1 pumpkin, medium size	$\frac{1}{2}$ t. sea salt
apple juice	1 t. vanilla
1 egg, separated	oil
2 T. tahini	allspice to season

Cut pumpkin into small pieces, saute in oil, cover with apple

juice, add salt and cook until soft. Add egg yold, tahini, vanilla and allspice and mash all together. Beat egg white until fluffy and fold into pumpkin mixture. Roll out thin pie crust #152 and bake in pie tin in oven at 400 deg. until brown around the edges. Pour filling into shell and bake at 350 deg. for 15-30 min. until thick. Use the pumpkin seeds prepared as Hors d'oeuvres prepared as follows.

#156. PUMPKIN SEEDS

Wash seeds, dip quickly in very salty water and roast until slightly brown in an open pan in the oven; or fry in a medium amount of oil and a pinch of salt. Said to help repel parasites, especially tapeworm.

#157. APPLE STRUDEL

apples
tahini
almonds
raisins
cinnamon

orange peel, grated
vanilla powder
egg
pie crust.

Prepare pie crust as in #152. Roll out pie dough in a large rectangle to 1/8 inch thickness. On it spread tahini mixed with an equal amount of water. On top of this place an even layer of sliced apples, roasted and crushed almonds, raisins, and grated orange peel. Sprinkle with vanilla powder. Fold the rectangle three times as if you were folding paper to put in an envelope. Pinch edges closed with a fork. Brush top with a mixture of egg yolk and 1 t. water. Sprinkle cinnamon without (and within). May sprinkle crust with poppy or sesame seeds. Bake at 375 deg. for 45 min.

#158. APPLE CRISP

3½ c. toasted rolled oats
1 c. whole wheat flour
½ c. barley flour or brown
rice flour (toasted)
¼ c. wheat germ, opt.

3-4 t. sesame oil
1 t. salt
4-5 apples
1 t. cinnamon
2 t. lemon

Cut apples into eighths (wedges). Boil these in a little water with salt until they start to soften but are not cooked. This keeps their sweetness. Save the water. Mix oats with flours, salt, (wheat germ) and rub in sesame oil. Add apple water and mix as little as possible to avoid creating gluten which makes the flour rise. Do not knead. In a large tray or pan, put a thin layer of this batter on the bottom. Add cinnamon and lemon to apples and carefully lay a single layer on dough surface. Then add the rest of the batter in a thick layer on top. Brush some of the thickest puree from the boiling apples on top for glaze. Bake for about 30 min. at 350 deg. Check often to prevent burning. For a variation, put all of the crust on the bottom with only filling on top.

#159. ONION ROLLS

Onion rolls #50 make a nice treat

#160. OATMEAL COOKIES

1 c. whole wheat flour	1 T. sesame seeds
$\frac{3}{4}$ c. uncooked rolled oats	raisins
$\frac{1}{2}$ t. salt	almonds
$1\frac{1}{2}$ T. corn oil	

Soak raisins in hot water or sake. Thoroughly mix flour, oats, salt, and sesame seeds. Patiently rub in oil until well distributed. Chop finely raisins and almonds and mix in. Add enough water to make a stiff batter; the stiffer the batter, the chewier the cookies. Stir clockwise slowly. (All circumambulation is done clockwise.) Bake on an oiled cookie sheet at 350 deg. for 30 min.

#161. SESAME TOFU

A Tassajara treat favorite that tastes like halvah

1 c. tahini	1 c. cornstarch or arrowroot
$\frac{1}{2}$ c. honey	$\frac{1}{2}$ c. chopped nuts
5 c. water	$\frac{1}{2}$ c. chopped raisins and dates
2 T. cinnamon	4 t. nutmeg
1 t. coriander	

The nuts and fruits are optional. Mix all ingredients and heat to a boil stirring constantly. Continue stirring at low heat for 30 min. Pour into pans 1 inch deep, cool and serve.

#162. CAROB-DATE HALVAH

6 c. sesame seeds, roasted and ground	$\frac{1}{2}$ c. carob flour
$\frac{1}{2}$ lb. dates finely chopped	2 T. whole wheat flour
$\frac{1}{4}$ c. honey	2 T. hot water
	$\frac{1}{2}$ c. chopped nuts

Dissolve carob and dates in hot water. Mix ingredients to make very thick dough. Bake 1 inch deep at 300 deg. for 45 min.

#163. NUT AND SEED LOAF

Also served with dinner.

$1\frac{1}{2}$ c. almonds	3 c. ground sesame seeds
1 c. sunflower seeds, roasted	1 onion
$\frac{1}{2}$ lb. mushrooms	1 carrot, large
6 c. breadcrumbs	$\frac{1}{2}$ c. miso
2 eggs	$1\frac{1}{2}$ c. milk, optional

Saute onions, mushrooms, carrots, breadcrumbs, and almonds in that order until done. Add roasted sunflower seeds. Add miso, milk and eggs to make a crumbly dough. Bake at 350 deg. for 20-30 min. in 2 inch thick loaf.

#164. OATMEAL-SESAME CRISPS

$1\frac{1}{2}$ c. rolled oats	2 T. milk, dry
$1\frac{1}{2}$ c. whole wheat flour	1 t. cinnamon
$\frac{1}{4}$ c. honey	$\frac{1}{2}$ t. salt
$\frac{1}{2}$ c. oil	$\frac{3}{4}$ c. sesame seeds
1 egg, beaten	$\frac{1}{2}$ c. raisins, chopped

Mix together with a little warm water. Drop onto oiled cookie sheet or spread $\frac{3}{4}$ inch deep in shallow tray. Bake at 375 deg. for 10-12 min.

#165. APPLE-NUT LOAF

2 c. whole wheat flour	$\frac{1}{2}$ c. dates
$1\frac{1}{2}$ c. raw apples, grated with skins on.	$\frac{1}{2}$ t. rum extract
$\frac{1}{2}$ c. coconut	1 t. vanilla extract
$\frac{1}{2}$ t. salt	1 T. orange or lemon rind
2 eggs, beaten	1 T. orange or lemon juice
$\frac{1}{4}$ c. oil	$\frac{1}{2}$ c. coarse chopped nuts
$\frac{1}{4}$ c. honey	$\frac{1}{4}$ c. sweet cider or water
	1 T. dried yeast

Mix and put in oiled loaf, placing in a warm location to rise for 30 min. Bake at 350 deg. for 40 min, 1 inch deep.

#166. TOP OF THE WALL COOKIE

This treat was served the day we poured the concrete cap on the new stone kitchen at Tassajara, late in the fall of 1968.

3 c. whole wheat flour	3 oz. semi sweet chocolate bits
1 c. barley flour	$\frac{1}{2}$ T. cinnamon
$1\frac{1}{2}$ c. rolled oats	$\frac{1}{2}$ t. ginger
$\frac{1}{2}$ c. gomasio	1 c. sesame oil
$1\frac{1}{2}$ c. whole almonds	2 T. honey
$1\frac{1}{2}$ c. dates	$\frac{1}{2}$ t. cloves
4 eggs	$\frac{1}{4}$ t. mace
peel of 1 lemon	

The chocolate is optional. Toast almonds in pre-heating oven. Chop dates and mix with whole wheat flour. Beat oil and honey with eggs. Stir in everything and spread on a greased pan. Sprinkle cinnamon on top. Bake for 20 min. at 350 deg.

#167. COCONUT-DATE COOKIES (Makes 4 dozen)

2 c. whole wheat flour	$\frac{1}{2}$ c. coconut shreds
2 c. rolled oats	$\frac{1}{2}$ c. nuts, chopped
$\frac{2}{3}$ c. sweet cider	1 c. dates, pitted, chopped
$\frac{1}{2}$ c. corn oil	$\frac{1}{2}$ t. salt
$\frac{1}{4}$ c. honey	1 t. pure vanilla extract

Blend honey and oil. Add other ingredients. Drop by teaspoonful onto lightly oiled cookie sheet. Bake at 350 for 10-15 min.

At the end of each breakfast and lunch, we end the chanting:

"May we exist in muddy water with purity like a lotus.
Thus we bow to Buddha."

Mix together with a little warm water. Drop onto oiled cookie sheet or spread $\frac{3}{4}$ inch deep in shallow tray. Bake at 375 deg. for 10-12 min.

#165. APPLE-NUT LOAF

2 c. whole wheat flour	$\frac{1}{2}$ c. dates
$1\frac{1}{2}$ c. raw apples, grated with skins on.	$\frac{1}{2}$ t. rum extract
$\frac{1}{2}$ c. coconut	1 t. vanilla extract
$\frac{1}{2}$ t. salt	1 T. orange or lemon rind
2 eggs, beaten	1 T. orange or lemon juice
$\frac{1}{2}$ c. oil	$\frac{1}{2}$ c. coarse chopped nuts
$\frac{1}{4}$ c. honey	$\frac{1}{4}$ c. sweet cider or water
	1 T. dried yeast

Mix and put in oiled loaf, placing in a warm location to rise for 30 min. Bake at 350 deg. for 40 min, 1 inch deep.

#166. TOP OF THE WALL COOKIE

This treat was served the day we poured the concrete cap on the new stone kitchen at Tassajara, late in the fall of 1968.

3 c. whole wheat flour	3 oz. semi sweet chocolate bits
1 c. barley flour	$\frac{1}{2}$ t. cinnamon
$1\frac{1}{2}$ c. rolled oats	$\frac{1}{2}$ t. ginger
$\frac{1}{4}$ c. gomasio	1 c. sesame oil
$1\frac{1}{2}$ c. whole almonds	2 T. honey
$1\frac{1}{2}$ c. dates	$\frac{1}{4}$ t. cloves
4 eggs	$\frac{1}{4}$ t. mace
peel of 1 lemon	

The chocolate is optional. Toast almonds in pre-heating oven. Chop dates and mix with whole wheat flour. Beat oil and honey with eggs. Stir in everything and spread on a greased pan. Sprinkle cinnamon on top. Bake for 20 min. at 350 deg.

#167. COCONUT-DATE COOKIES (Makes 4 dozen)

2 c. whole wheat flour	$\frac{1}{2}$ c. coconut shreds
2 c. rolled oats	$\frac{1}{2}$ c. nuts, chopped
$\frac{2}{3}$ c. sweet cider	1 c. dates, pitted, chopped
$\frac{1}{2}$ c. corn oil	$\frac{1}{2}$ t. salt
$\frac{1}{4}$ c. honey	1 t. pure vanilla extract

Blend honey and oil. Add other ingredients. Drop by teaspoonful onto lightly oiled cookie sheet. Bake at 350 for 10-15 min.

At the end of each breakfast and lunch, we end the chanting:

"May we exist in muddy water with purity like a lotus.
Thus we bow to Buddha."

BUYING WHOLE FOODS...

1. The Food Mill
3033 MacArthur
Oakland, Calif.
Phone: 261-3848
The Food Mill has the widest selection of inexpensive whole foods in the Bay Area. Turn off MacArthur Freeway 580 at 35th Ave. going south or at the MacArthur exit going north.
2. New Age Natural Foods
1326 Ninth Ave.
San Francisco, Calif. 94122
Phone: 564-2144
San Francisco's largest natural foods store. Also doing much educational work with food.
3. Calif. Direct Importing Co.
2651 Mission
San Francisco, Calif.
Phone: 824-5676
Also called "Oh's". This is a small place with low prices on many natural foods and fine vibrations.
4. Chico-san
P.O. Box 1004
Chico, Calif.
Phone: (916) 342-6770
(Also Lassen Foods, 174 E. 8th Ave, Chico: 342-0807)
They are now distributing their own foods under the trade name "Spiral Foods" at prices 20% less than when they paid a middle man. Best source of miso and tamari in bulk. Doing good work.
5. K. Uoki Sakai Grocery
1656 Post St.
San Francisco, Calif.
Phone: 921-0514
The best source of Japanese foods and Koda Brothers rice in S.F.
6. Soko Hardware
1698 Post St.
San Francisco, Calif. 94115
Phone: 931-5510
A good source of Japanese cooking utensils: wok, suribachi, chopsticks, vegetable knives, bowls, wooden spoons and spatulas etc.
7. The General Store
5th and Junipero
Carmel, Calif.
Phone: (415) 624-2233
A little store with the feeling of an old-time general store. Friendly people and good variety

... and BOOKS TO READ

1. Cooking Good Food
by Order of the Universe Pub.
Box 203 Prudential Center Sta.
Boston, Mass. 02199 \$1.50
(They publish the periodical "Order of the Universe.")
Written by Michio Kushi, a simple concise source of the basic macrobiotic ideas adapted to the American way. Excellent! A great help in writing the Tassajara Food trip.
2. Zen Macrobiotic Cooking
by Michel Abehsera
Many good, simple recipes. Readable and more flexible than Ohsawa.
3. The Essene Gospel of John
by Edmond Szekely
Jesus' food trip and hatha yoga

3. Zen Cookery
by The Ohsawa Foundation
1434 N. Curson Ave.
Los Angeles, Calif. \$3.00
A book of Macrobiotic recipes (296) all simple and good. Little theory. (Use $\frac{1}{2}$ the amount of salt called for in the recipes)
4. Biological Transmutation
by C. Louis Kervran
(Available from the Ohsawa Foundation \$1.50)
A potentially revolutionary book by an eminent French biologist showing how the body can transmute one element into another.
5. Zen Macrobiotics: The philosophy of Oriental Medicine
Vol. I by Georges Ohsawa
The basic book of Macrobiotic theory. \$4.50
6. International Vegetarian Cookery by Sonya Richmond
Especially good on soups and entrees.
7. The Natural Foods Cookbook
by Beatrice Hunter
8. El Molino Best Recipes
from 360 W. Valley Blvd
Alhambra, Calif. 91803
El Molino Mills \$1.00
Good tables on the constituents of grains and beans, information on flours and stone grinding, many good recipes.

APOLOGY

"Be content with two or three sorts of food, which you will always find upon the table of our Earthly Mother. And desire not to devour all things which you see round about you. For I tell you truly, if you mix together all sorts of food in your body, then the peace of your body will cease, and endless war will rage in you."

from The Essene Gospel of John

"O you monks who are in this mountain monastery, remember that you are gathered here for the sake of religion and not for the sake of clothes and food. As long as you have shoulders (the body), you will have clothes to wear, and as long as you have a mouth, you will have food to eat. Be ever mindful throughout the twelve hours of the day to apply yourselves to the study of the Unthinkable. Time passes like an arrow. Never let your minds be disturbed by worldly cares. Ever, ever be on the look-out... Let there be just one individual, who may be living in the wilderness in a hut thatched with one bundle of straw and passing his days by eating the roots of wild herbs cooked in a pot with broken legs; if he single-mindedly applies himself to the study of his own spiritual affairs, he is the very one who has a daily interview with me and knows how to be grateful for his life."

from Daito Kokushi's Admonition

"Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?"

Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not better than they? ...

For your heavenly Father knoweth that ye have need of all these things.

But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

Take no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof."

Matthew VI. 25-34
Sermon on the Mount

"It seems to me that everyone is born with his share of clothing and food. Seeking for food does not make it appear. Abandoning the search does not make it disappear.

Remember that even laymen leave such matters in the hands of providence while they strive for the virtues of loyalty and piety. How much less should monks who have left the world be concerned with such external matters. The Buddha prescribes their fortunes and heavens provide their food and clothing. However, everyone has his own share of life. Without seeking for it or thinking about it, this allotted share comes from the natural course of things. Suppose you run after more and pile up great treasures. What will you do with them when evanescence pays you a visit? Therefore the student should drive all thought of such external matters from his mind and devote himself single-mindedly to the pursuit of Truth.

Yet some say that the propagation of Buddhism in these later degenerate days on this remote island would be facilitated if a secure and peaceful abode were prepared where monks could practice the teaching of Buddha without any worries over food, clothing and the like. To me this seems wrong. Such a place would only attract men who are selfish and worldly, and among them could be found no one at all with a sincere religious intention. If we give ourselves over to the comforts of life and the enjoyment of material pleasures, and even though hundreds of thousands were induced to come here, it would be worse than having no one here at all. It would acquire only a propensity for evil and not a disposition for the practice of Buddha's Law.

If, on the contrary, you live in spotless poverty and destitution and go begging for your food, or live on the fruits of the field pursuing your study of truth while suffering real deprivation, and if even one man hears of your example and comes to study with you out of genuine devotion to the Truth, it will be a real gain for Buddhism. If, however, you feel that spotless poverty and destitution will discourage people, and consequently provide an abundance of food and clothing, a great many may come but they will have no real interest in Buddhism. In the former case you will obtain eight ounces of gold; and in the latter, half a pound of tinsel.

from Shobogenzo Zuimonki by Dogen Zenji

STAPLE FOODS USED IN THIS COOKBOOK
(No fresh fruits, vegetables, or dairy products)

These foods are beautiful to look at! Build open shelves in your kitchen out of boards and bricks. Get gallon jars from restaurants, fraternities, etc., paint the tops, label each and fill with grains, flours, nuts, noodles, beans, seeds, and dried fruits. Use large containers for brown rice and whole wheat flour.

GRAINS, FLOURS AND NOODLES

barley flour and groats*
buckwheat flour and groats*
buckwheat noodles (soba)
corn, dried
corn meal
gluten flour
millet meal
oat groats
oats, rolled
rye flour, meal and groats
rice cream and bran (nuka)
rice, brown (short grain)
rice, sweet brown
rice, sweet white
wheat berries and bran
wheat, bulghur (pilaf)
wheat, cracked
wheat flour, unbleached white
wheat flour, whole
wheat germ
wheat noodles (udon)

BEANS AND PEAS

azuki beans
black beans
carob (bean) flour
garbanzo beans
lentils
mung beans
navy beans (small white beans)
pinto beans
soy beans and grits
soy flour
split peas

SEEDS, NUTS, AND DRIED FRUITS

alfalfa seeds
almonds
coconut, dried shredded
dates
hazlenuts
peanuts and peanut butter
poppy seeds
raisins
sesame seeds
sesame butter (tahini)
sunflower seeds
walnuts

OILS

corn oil soy oil
olive oil
sesame oil, light and dark

SEA VEGETABLES (dried)

hijiki nori
kombu wakame

SEASONINGS

allspice
bay leaf
caraway seed
cardamom
cinnamon
cloves, dried and powdered
cumin seeds
dill
garlic, fresh and dried-powdered
ginger, fresh and dried-powdered
mace
mint, fresh and dried
mustard, dried-powdered
nutmeg, whole and dried-powdered
orange rind, powdered
oregano, fresh and dried-powdered
parmesan
pepper
rosemary
rum extract
thyme
vanilla, extract and powdered

OTHER

arrowroot
bancha twig tea
chicory
cider
corn starch
daikon, dried
honey
kuzu
lotus root, dried
milk, canned and dried
miso
mu tea
sea salt
tamari (soy sauce)
umeboshi salt plum
vinegar

*Groats: Whole, hulled grains
or "berries"

GLOSSARY

azuki beans	#5	p. 13
bancha twig tea	#121	49
bran		8
brown rice	#1	10
bulghur	#16	15
burdock	#59	29
carob	#42	24
chapati	#52	28
corona hand mill		22
cracked wheat	#18	16
daikon	#60	30
germ		9
gobo	#59	29
gomasio	#2	11
gluten flour	#43	24
groats		61
gruel	#37	21
hijiki		34
kasha		17
kombu		35
kuzu	#123	49
miso		35
muso	#74	33
mu tea	#124	49
navy bean	#110	44
nituke		28
nori		34
nuka		46
pilaf	#16	15
sea salt	#2	11
soba	#27	19
soup stock		41
soy beans		35
suribachi	#2	11
sweet brown rice	#5	13
sweet white rice	#20	16
syo-ban	#122	49
tahini	#74	33
tamari		36
tawashi		28
tempura	#75	33
tofu		36
udon	#27	19
umeboshi		46
ume-syo-kuzu	#125	50
wakame		35
wok	#65	31

"So-called rice gruel (kayu) ought to be called honorable gruel (o-kayu), or you may call it morning gruel, but just gruel, never... You should say 'Honorably prepare some honorable broth,' but 'Prepare broth,' never. The honorable offerings and the honorable gruel ought to be said to be most honorably taken... Prepare offerings of steamed and grueled rice, revering them with the use of utmost politeness and supremely august wordings."

from Shobogenzo by Dogen Zenji
Letters to the Kitchen