

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

#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.

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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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#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	$\frac{1}{2}$ t. dry mustard
Dressing consisting of:	$\frac{1}{2}$ 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, sorrel 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