

Macrobiotic Recipe of the Month – December 2008

From Meg Wolff

This is a nice way to cook a variety of cold-weather vegetables for any occasion. I use a combination of whatever I have on hand. For special get-togethers, I sometimes add a dash of apple juice to the cooking water, which brings out the sweetness of the vegetables. If there's room, I add my greens to the top this pan during the last three minutes of cooking.

LONG, SLOW-STEAMED VEGETABLES (NISHIME STYLE)

1 carrot, cut into large chunks
¼ cabbage, cut into large wedges
1 onion, sliced into large wedges
¼ cup hard, sweet winter squash, cubed
¼ cup daikon, sliced into large chunks
2-3 inch strip kombu, soaked and sliced into small strips
1/2 cup of spring or filtered water for steaming



A combination of local butternut squash, parsnips, carrots and turnip

Place kombu and its soaking water in bottom of a pot. Layer vegetables on top of one another in the following order: daikon, onion, cabbage, squash and carrot. (Burdock and lotus root, cut smaller, also may be added.)

Cover pot and bring to a boil over medium-high flame until there's steam from the pot. Lower flame and cook without disturbing pot for 15-20 minutes or longer. If water evaporates during cooking, add more water to the bottom of the pot.

When vegetables are tender, add a few drops of soy sauce and mix. Replace cover and simmer 5 more minutes. Remove from flame, let sit, and serve after a couple minutes.

Other combinations you might try:

- turnip, onion, carrot, shiitake
- carrot, leek, cauliflower, corn, daikon, shiitake, daikon greens
- burdock, carrot, onion, squash

Enjoy! ~Meg

**For more recipes and information on macrobiotics please visit Meg's Website:
www.megwolff.com, and her blog at: www.becoming-whole.com**