

## **Macrobiotic Recipe of the Month – February 2009**

**From Meg Wolff**

Kinpira is a traditional macrobiotic dish (and Japanese) revered for its strong energetic properties. It is sautéed on a high flame and then simmered. This dish has a strengthening quality to it. I ate this a few times a week when I first started my healing macrobiotic diet. I need to make this more often, especially during the cold winter months here in Maine.

Burdock is commonly used in this dish and it is also known as a vegetable that strengthens the body and purifies the blood.

### **CARROT, BURDOCK & SHITAKE MUSHROOM KINPIRA**

2 large carrots, sliced into \*\*matchstick pieces  
2 piece of burdock root, sliced into matchstick pieces  
4 shitake mushrooms, sliced thinly  
1-2 teaspoons sesame oil (oil can be omitted & a water saute can be done instead)  
1-2 teaspoons of good quality (I use Eden or Mitiku brands, 1-3 years aged) soy sauce (wheat-free tamari can be used)  
1/8 teaspoon sea salt can be used in place of soy sauce, if needed  
Optional: 1 teaspoon of ginger juice can be used  
1 tablespoon of mirin (a sweet rice wine used for cooking)



This recipe is wheat-, gluten- & (if you omit the soy sauce & substitute salt) it is also soy-free, if needed.

\*\*To slice the carrot and the burdock into matchstick pieces, first slice thinly on a diagonal. Line up the thinly sliced vegetable rounds and cut again, this time into matchstick pieces.

Heat oil on medium to high flame, and saute vegetables, stirring for 5 minutes. Add 1- 1 1/4 cups of water, turn heat to low, cover and simmer for 15 more minutes. Water will cook down, but check water level to prevent burning.

Serves 6.

Enjoy! ~Meg

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