

Macrobiotic Recipe of the Month – November 2008

From Meg Wolff

Today, I'd like to feature a favorite meal from John Kozinski, one of my Kushi Institute macrobiotic teachers. When I think of John, I think about his lecture on "Burning the Candle at Both Ends." I think this stuck with me as it was one of the things my mother used to say as well. It basically means that we all need equal amounts of work, play, rest and good food to live a long life. Some of us work, play and forget about the rest and maybe even the good food. We can do this for only so long and then at some point it catches up with us. We either burn out or get ill or both. Many times this can shorten our life span or compromise our good health. The other thing I remember about John is his love of Tai Chi and Chi Gong. A very tall and slender man, I remember him being very graceful in executing these poses, which flowed from one into another as though in a beautifully choreographed dance.

This is a favorite of John and his wife, Jeanette. I decided to make it for dinner last evening as it was easy. John says, "It is a great introductory meal for meat-eating friends!"

JOHN'S EASY VEGAN MEAL

1 block of firm organic tofu sliced (8 slices - 2 each)
1/2 cup organic shoyu
2 - 3 tablespoons organic cold pressed sesame oil
1 head of organic broccoli, steamed
4 medium sized organic carrots, steamed
3 cups cooked organic brown rice (3/4 cup each)

Optional choices: organic mustard, 2 thinly sliced organic scallions, grated organic ginger
Optional condiments for rice and vegetables: tekka, shiso, gomashio and ume vinegar, organic pickled sauerkraut — 2 tablespoons each



- 1. Marinate tofu in shoyu for two minutes or to taste.**
 - 2. Heat oil in frying pan and add tofu. Fry until golden brown, about 5 minutes.**
 - 3. Steam vegetables in steamer basket or bring 3/4 inch of water to boil in pan and steam separately (steam time 2-3 minutes)**
 - 4. Place 2 tablespoons organic sauerkraut on each plate (to aid in digestion).**
 - 5. **Rice garnish: choice of tekka, shiso, or gomashio condiment**
 - 6. Vegetable dressing: use a few drops of ume vinegar on the broccoli**
 - 7. Tofu garnish: choice of mustard, grated ginger or scallions**
- ** Preparation time: 1/2 hour if rice is precooked. One hour if rice is cooked with meal. Rice preparation: 2 cups of water per cup of washed rice (optional/preferable presoak rice 8 hours), pinch of sea salt and boil or pressure cook 50 minutes to 1 hour.**

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