

Quick Healthy Cooking For a Busy Life



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*Shoyu Lemon Broth
Couscous Salad
Pressed Cucumber Salad
Green Beans with Almonds
Black Bean Tacos
Apple Strawberry Sauce*

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Shoyu Lemon Broth

1 cup Chinese cabbage, shredded or cut thin
1 dried shiitake, soaked
1-inch piece kombu
2-3 Tablespoons shoyu
1 Tablespoon mirin
Pinch sea salt
4 cups water
Scallions, cut into diagonals for garnish
Nori cut into strips
Thin lemon slices for garnish

Place water, kombu, and shiitake in a pot. Bring to a boil. Remove kombu and slice the shiitake. Add a pinch of sea salt. Season with shoyu and mirin. Add Chinese cabbage. Cook on a low flame for 2min. Serve garnished with scallions, lemon slices, and toasted nori.

Couscous Salad

1-cup couscous
1 1/2 cup water
Sea salt
1/4 cup frozen peas
1/2 cup diced cucumber
1/3 block tofu, cut into rectangles, and pan-fried
Lightly toasted sesame oil
2 Tablespoons parsley minced

Dressing:

1 Tablespoon olive oil
1-teaspoon sea salt
1 Tablespoon umeboshi vinegar
Juice of 1 lemon
Shoyu to taste

Bring the water to a boil. Add 2-3 pinches sea salt. Rub a little olive oil in the couscous. In a nice hollow bowl, place the couscous and pour the hot salted water over it. Cover with a plate so the steam doesn't come out. Make sure the bowl is deep enough as the couscous will expand. Let it expand for 10-15min. When done, open it with a fork or your hands and rub the grains so there are no clumps.

Pan-fry the tofu in a cast iron skillet with lightly toasted sesame oil.
Blanche the frozen peas.

Mix well together cooked couscous, fried tofu, diced cucumber, cooked peas, minced parsley, and the dressing ingredients. Adjust according to taste with umeboshi vinegar and/or shoyu.

Pressed Cucumber Salad

1 cucumber sliced in half moons, 1/8 inch thick
1/3 red onion, sliced half moons
1 cup rinsed and toasted sunflower seeds
1 orange or tangerine, cut into thin slices
Umeboshi vinegar

In a mixing bowl, mix cucumber, red onion. Add umeboshi vinegar and massage in lightly but completely. Cover with a plate to apply pressure to the vegetables and let sit for 1 hour. Drain off liquid and add fruit slices, seeds and serve.

Green Beans with Almonds

3 cups green beans, stems removed and cut on a long thin diagonal
1/2 cup toasted almonds, thinly sliced
1/4 cup water
Shoyu
Sesame oil

Heat up oil in a skiller. Add the green beans and saute for 2-3 min. Add 1/4 cup water, cover and bring to a boil. Reduce the flame to medium-low and simmer for 5-7min. Remove the cover, add several drops of shoyu. Add the sliced almonds. Saute without the cover for 2-3min.

Black Bean Tacos

2 cups cooked dried black turtle beans
2-3 cloves of garlic, minced
1 red onion, diced
1 carrot diced
1 cup button mushrooms, thinly sliced
1 Tablespoon olive oil
Sea salt
Shoyu
Tortillas
Pepper to taste
2-3 pinches dried basil

Heat oil in a skillet. Add garlic, onion and cook stirring 2-3 min. Add dried basil, carrots, mushrooms and cook for 2-3min. Partially mash beans and add to skillet. Add a little water,

cover and simmer for 15min. Season with sea salt and shoyu. Simmer another 4-5min. Spoon beans into tortillas.

Apple Strawberry Sauce

4 apples peeled and quartered

1-cup strawberries

2 Tablespoons toasted walnuts

Juice from an orange

1-cup apple juice

2 Tablespoons rice syrup

Pinch sea salt

Place apples, apple juice, strawberries, rice syrup, orange juice, sea salt. Bring to a boil and simmer for 15-20min. Blend together the toasted walnuts with the fruits and juices. Serve at room temperature or chilled.