

THE

50

BEST

# MACROBIOTIC RECIPES



Tasty, fresh, and easy to make!



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# **The 50 Best Macrobiotic Recipes**

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## *Introduction*

Macrobiotics is a way of living in harmony with the present moment — with your present health condition, your present lifestyle, and your present needs and desires. When your health and lifestyle change, you evolve and adjust along with your flexible needs and desires. Macrobiotics is an ancient art of living that is rooted in a profound understanding of the laws and patterns of nature, as applied to the human body. This understanding sees the human body as an integral part of the natural world.

Through food, you connect with your spiritual nature and open yourself up to natural healing. Macrobiotics is about living in harmony with nature and trusting your intuition. This Zen perspective incorporates seasonal, locally grown, and energetically balanced foods into your life. The word “macrobiotics” literally means “large life” (“macro” means “large or great” and “bio” means “life”).

Along with a macrobiotic diet, adjustments in ways of living can make a difference in balancing health on all levels. Nothing is excluded from the macrobiotic diet. Even extreme foods, if balanced, can be healing. More specifically, it is about choosing foods that support and harmonize your dynamic changing health condition. Adjusting your cooking according to the seasons provides the foundational blueprint (or recipe) for living a long life from a more insightful perspective.

Vibrant, energetically balanced food nourishes body, mind, and spirit; it balances emotions and contributes to overall health and well being. Macrobiotics can help you develop this connection with food, an intimate relationship that enhances your intuition and brings you to the present moment. We’ve gathered these fifty recipes to help you on your journey to living in your own perfect harmony — enjoy!

# Sweet Potato and Squash Dumplings

*Lime and sweet potato may sound like an odd pairing, but in fact are a sublime combination. This healing snack provides a taste of sweetness without spiking blood sugar.*

**Serves 2**



## Ingredients

1<sup>3</sup>/<sub>4</sub> pounds sweet potatoes, peeled  
1<sup>3</sup>/<sub>4</sub> pounds butternut squash, peeled  
1<sup>1</sup>/<sub>2</sub> cups water  
Sweet white miso, to taste  
Lime juice, to taste  
50 round dumpling wrappers  
1/4 cup safflower oil

1. Chop sweet potatoes and squash into small cubes. Place sweet potatoes, squash, and water in a saucepan, and bring to a boil. Steam until vegetables are soft, about 15–20 minutes. Mash vegetables thoroughly with a masher or pass them through a food mill into a large bowl. Season to taste with sweet white miso and lime juice.
2. Place stack of wrappers on a plate and cover with a damp cloth to prevent them from drying out. Place a wrapper in the palm of one hand. Add 1 teaspoon of filling in center of wrapper. With a fingertip, dab one half of wrapper with a little water. Fold over other edge of wrapper and seal sides closed. Make 3 or 4 pleats along sealed edge. Place dumpling in a bowl and cover with a damp cloth. Repeat until filling is used up.
3. To cook dumplings, heat oil in a skillet. Pan fry dumplings until browned on each side, about 5 minutes.

### Per Serving

Calories: 94

Sodium: 84mg

Fiber: 2g

Fat: 2g

Carbohydrate: 17g

Protein: 1g

**What Chew Talking About?**

Proper chewing is as important to a meal as cooking. Chewing stimulates digestive enzymes, which alkalize acidic foods, like brown rice. Put your chopsticks or fork down between bites. As you chew, take five in-breaths and five out-breaths. This ensures that you chew ideally between 50–100 times for each bite.

## Cuke, Avocado, and Carrot Sushi

*If you've ever wondered how to make sushi, here's a step-by-step explanation. You'll need a bamboo mat for rolling your vegetable sushi, which makes a great snack for travel.*

**Serves 6**



### Ingredients

1 cup short grain brown rice  
2 cups spring water  
 $\frac{1}{4}$  teaspoon sea salt, divided  
 $2\frac{1}{2}$  tablespoons sweet brown rice vinegar  
2 whole cucumbers, cut into matchsticks  
1 large carrot, cut into matchsticks  
6 sheets nori  
2 whole avocados, sliced  
1 tablespoon wasabi powder  
Shoyu, to taste

1. Soak rice in water overnight in saucepan. Add  $\frac{1}{8}$  teaspoon salt. Bring to boil, lower heat, and simmer, covered, 45–50 minutes. Stir sweet brown rice vinegar into warm cooked rice. Allow rice to cool by spreading it out on sheet pan.
2. Sprinkle  $\frac{1}{8}$  teaspoon salt over cucumber to release water. Blanch carrots.
3. Place one sheet of nori shiny side down on the bamboo mat. Dampen hands with water. Pat a thin layer of rice onto nori, about  $\frac{1}{4}$ " thick, leaving  $\frac{1}{4}$ " plain nori border around the four edges. Place cucumber, carrot, and avocado together at the near edge.
4. Carefully and firmly roll up mat, dabbing the final edge of nori with a bit of water to seal. Place seam-side down. With a dampened bread knife, slice each roll into 6 segments. Clean off knife as you slice.

5. Serve with wasabi and shoyu. In a small saucepan, heat shoyu and a little water for 2–3 minutes. To prepare wasabi, mix 2 tablespoons wasabi powder with enough water to create a paste.

**Per Serving (without shoyu)**

**Calories:** 251

**Fat:** 11g

**Sodium:** 73mg

**Carbohydrate:** 36g

**Fiber:** 8g

**Protein:** 6g

**Goodness Gracious, Great Balls of Rice**

The rice ball is an energetically balanced food that is perfect for travel. A quarter of salted umeboshi plum is inserted into a ball of cooked brown rice, which is wrapped with antibacterial nori. Preserved in the center and protected on the periphery, a rice ball can be stored 3 days unrefrigerated.

## Homemade Hummus

*The flavors used in macrobiotic cooking are meant to be balanced between sweet, salty, sour, bitter, and pungent. The kombu and umeboshi paste provide the salty flavors in this recipe; no table salt required.*

**Serves 6**



### Ingredients

- 1 cup garbanzo beans, soaked
- 3 cups spring water
- 1 stamp-sized piece kombu
- 2 cloves garlic, crushed
- 3 medium scallions, finely chopped
- 2 tablespoons parsley, minced
- 2 teaspoons umeboshi paste
- 4 tablespoons lemon juice
- 1 tablespoon white miso
- 1 tablespoon olive oil

1. Drain beans. Place garbanzo beans and water in a pressure cooker. Bring to boil on a medium flame. Skim off foam. Add kombu. Cover, bring to pressure, lower heat, and pressure cook for 1 to 1¼ hours. Remove lid and allow beans to come to room temperature.
2. Strain out cooking liquid and set liquid aside. Purée garbanzo beans with a little cooking liquid. Add garlic, scallions, parsley, umeboshi paste, lemon juice, miso, and olive oil and purée, gradually adding a little cooking water to reach desired consistency. Add more umeboshi paste to taste if desired.

#### Per Serving

**Calories:** 156

**Sodium:** 248mg

**Fiber:** 6g

**Fat:** 4g

**Carbohydrate:** 23g

**Protein:** 7g

**How to Cut**

To balance energy in a dish or gather energy for deeper healing, consider cutting techniques. To create balanced energy, cut vegetables toward center point: Cut greens starting from leafy tips toward stems. Cut roots starting from root end toward top. To strengthen intestinal energy, cut roots into matchsticks: Cut carrot or burdock on bias. Then thinly slice each section.

## Brown Rice Breakfast Congee

*This is a healing porridge that improves digestive function. You can simmer over a low flame overnight instead of pressure cooking. A suribachi bowl is a Japanese mortar and pestle.*

**Serves 2**



### Ingredients

1/2 cup yellow onion, diced  
1 teaspoon sesame oil  
2 dried shiitake mushrooms, soaked  
2 cups water, including mushroom soaking water  
1 cup cooked brown rice  
1 stamp-sized piece kombu  
1/2 cup celery, diced  
Barley miso, to taste  
1/4 cup cilantro, chopped

1. In a skillet, sauté onion in sesame oil until translucent.
2. Remove stems from shiitakes and dice caps. In a pressure cooker, add water, brown rice, kombu, shiitake caps, celery, and onion. Cover, bring to pressure, lower heat, and cook 50 minutes.
3. Open cover, and remove a little porridge. Purée miso with porridge in suribachi bowl.
4. Season rest of porridge with barley miso purée. Simmer 3 more minutes.
5. Garnish with chopped cilantro.

#### Per Serving

**Calories:** 165

**Sodium:** 119mg

**Fiber:** 4g

**Fat:** 3g

**Carbohydrate:** 31g

**Protein:** 3g

**Washing Rice**

Washing brown rice can help you connect with nature. Pour cool water over grains in a bowl. Run your hands through them, and feel their texture. Observe their color variations. Raise a handful of grains to your nose and smell the aroma. Stir grains again and drain. Rinse grains until water drains clear.

## Mochi Waffles with Berry Sauce

*Mochi can be tricky to work with at first because it's very sticky. Because mochi is made by pounding sweet brown rice until grains are crushed, it contains downward contracting energy that strengthens intestinal function.*

**Serves 2**



### Ingredients

- 1 pound mochi
- Berry Sauce, to taste (see sidebar)
- 1/4 cup pine nuts, toasted
- 1 small mint leaf
- 1 teaspoon orange zest

1. Slice mochi into 1/4" thick strips.
2. Place strips in hot waffle iron.
3. Cook until puffy and crispy.
4. Top with Berry Sauce.
5. Garnish with pine nuts, mint leaf, and orange zest.

#### Per Serving (Without Sauce)

**Calories:** 613

**Fat:** 16g

**Sodium:** 0mg

**Carbohydrate:** 116g

**Fiber:** 5g

**Protein:** 11g

#### Berry Sauce

Delectable Berry Sauce makes a great topping for pancakes, mochi waffles, puddings, frozen rice milk desserts, and toast. Heat 1/2 cup brown rice syrup, 2 tablespoons water, 2 teaspoons lemon juice, and a pinch of salt. Turn off heat. Add 1/2 cup chopped fresh berries (strawberries, blueberries, raspberries).

## Spring Barley Rice

*According to macrobiotic principles, this recipe represents spring cleaning for your body: Light, upward energy of spring barley helps dissolve animal protein and fat buildup in the body from an oilier winter diet.*

**Serves 4**



### Ingredients

1 cup brown rice, rinsed  
1/4 cup barley, rinsed  
6 cups spring water  
1/8 teaspoon salt  
1/2 cup walnuts, toasted  
Umeboshi vinegar, to taste  
1/4 cup scallions, chopped  
1 sheet nori, cut into strips

1. In a pressure cooker, add brown rice, barley, and water. Soak overnight.
2. Add salt. Cover, bring to pressure, lower heat, and pressure cook 50 minutes.
3. Chop walnuts. Add walnuts to grains. Season with umeboshi vinegar. Garnish with scallions and nori.

#### Per Serving

**Calories:** 311  
**Sodium:** 86mg  
**Fiber:** 5g

**Fat:** 11g  
**Carbohydrate:** 47g  
**Protein:** 8g

#### Barley

The oldest known cultivated grain, barley comes in three forms: hulled, pearled, and hato mugi. Most natural hulled barley has the outer husk removed, keeping vitamin-rich endosperm and germ layers intact. Less nutritious pearled barley is polished, removing both endosperm and germ layers. Hato mugi (Job's tears) is wild grass with properties similar to barley.

## Pumpkin Quinoa Pilaf

*Quinoa is a gluten-free, alkaline grain, and pumpkin seeds are also an alkaline-forming food, so they are inherently healthy. Feel free to also add sautéed mushrooms or marinated tempeh to this dish.*

**Serves 4**



### Ingredients

1 teaspoon olive oil  
1/2 cup onion, diced  
1/2 cup carrot, diced  
1/4 cup celery, diced  
1 cup quinoa, rinsed  
2 cups water or vegetable broth  
1/8 teaspoon salt  
1/4 cup fresh parsley, finely chopped  
1 teaspoon umeboshi paste  
1/4 cup pumpkin seeds, toasted  
1 teaspoon tahini  
1/2 teaspoon shoyu  
Lemon juice, to taste

1. In a skillet, heat oil and sauté onion, carrot, and celery until onion is translucent.
2. In a saucepan, dry roast quinoa over low flame for 5 minutes until fragrant.
3. Add water or broth, onion, carrot, celery, and salt. Bring to boil, lower heat, and simmer, covered, 20 minutes.
4. Mix in remaining ingredients except lemon juice.
5. Add lemon juice, to taste.

**Per Serving**

**Calories:** 266

**Fat:** 10g

**Sodium:** 222mg

**Fiber:** 5g

**Carbohydrate:** 33g

**Protein:** 11g

## Polenta Mushroom Burgers

*Healing mushrooms combine with a cornmeal base to form vegan burgers that can be made in advance and reheated. Rice provides a suitable substitute for the polenta if you prefer a nuttier flavor.*

**Serves 4**



### Ingredients

1 teaspoon olive oil  
1/2 cup onion, minced  
1 clove garlic, crushed  
1/2 cup fresh shiitakes, minced  
1 teaspoon fresh sage, chopped  
1 teaspoon fresh rosemary, chopped  
5 cups water  
2 cups cornmeal  
1/4 teaspoon salt  
1/4 cup safflower oil

1. In a skillet, heat olive oil and sauté onion and garlic until translucent. Add mushrooms, sage, and rosemary, and sauté until mushrooms are cooked through.
2. In a saucepan, bring water to boil. Add cornmeal, mushroom and onion mixture, and salt. Lower heat and continue stirring until water is absorbed.
3. Pour polenta into baking pan. Let cool in refrigerator.
4. Cut out circles, using cookie cutter or large glass jar.
5. Heat safflower oil in skillet and pan fry burgers until browned on both sides.

#### Per Serving

**Calories:** 444  
**Sodium:** 164mg  
**Fiber:** 4g

**Fat:** 16g  
**Carbohydrate:** 67g  
**Protein:** 7g