

Simple Summer Meal

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Pressure Cooked Grains

- Measure 3 cups of organic short grain brown rice, 1 1/2 cups of organic medium brown rice, and 1/2 cup of organic rye into a pressure cooker (non-aluminum)
- Rinse and stir with your hands
- Add new water until it comes up to the first crease of your index finger as its tip sits on top of the grains
- Add 1/8 tsp of measured sea salt per cup of uncooked grain, in this case, 5/8 tsp
- Cover and bring up to pressure under medium heat
- At pressure put a flame deflector under pressure cooker and turn down heat until there is a soft, consistent hissing sound. Too fast hissing means too much pressure
- From this point you time the cooking for 40 minutes (in the winter, 45)
- At the end of the cooking time, turn off heat and let the pressure come down naturally
- Open cooker and mix grains (blending the yin and yang parts)
- Let cool
- Grains will keep at least 3 days outside of the refrigerator in a mild climate. They can be refrigerated otherwise

MT Cookies

- Roast 1/2 cup of organic pumpkin seeds and lightly coat them with shoyu (don't use the already roasted tamari ones; they're way too salty)
- Take 2 cups of 4 grain rolled cereal (oats, rye, wheat, barley), 1/8 tsp of sea salt, 1/4 cup of organic raw tahini, 1/4 cup organic barley malt, 5/8 cup of organic rice syrup, 1 tbs pure vanilla extract, and 3 tbs of spring water and mix well
- Mix in the roasted pumpkin seeds. Let mixture sit while the next two steps are done •Pre-heat oven to 350 degrees
- Oil baking pan or cookie sheet with a thin coat of organic corn oil
- Use an ice cream scoop, periodically dipping it in water, to drop the mixture, 3/4 scoop at a time on the cookie sheet/pan
- Lightly flatten out and shape into a 2 1/2 inch round cookie with an inch of space between other cookies
- Bake for 20 minutes or until edges begin to turn color
- Put on cooling rack until cool
- (note) cookies will stiffen up as they cool
- Makes @ 15 cookies

Miso Soup

- Add to leftover greens water and/or soup stock from veggie cuttings 3" sea weed per person, an organic thin sliced onion, and 2 organic shucked corn cobs
- Bring to a boil under medium heat and then simmer for 10 minutes
- Put 1 tsp of 3 year old barley miso in each soup bowl, add the soup mixture, and stir to dissolve the miso
- You can also use veggies leftover from the day before

Simple Veggies: Summer

- Slice four fresh organic yellow beets length-wise down the center (includes both the yin and yang of the root)
- Turn beet halves so flat side is down on cutting board and thin slice length-wise
- Slice three fresh organic carrots length-wise almost to the end and thin slice across the carrot
- Break up a medium sized head of fresh organic cauliflower by hand into medium pieces
- Bring @ 3/4 inch of water in a medium saucepan to a boil under medium heat
- Add beets and carrots, bring back to boil under medium heat for 7 minutes, adding more water to level of veggies at 5 minutes
- When beets are half-cooked, add cauliflower and more water to level of carrots and beets if necessary; cook for 7 minutes under medium heat or until cauliflower is cooked with a crunchy texture, not soft
- Do not use any salt or any other addition outside of the above
- Adjustments may need to be made for location, stove, and cook
- Serves 4

Boiled Greens

- Bring @ 2 1/2 inches of spring water to a boil in a larger pot (no salt)
- Use an organic green like collards, kale, bok choy, mustard greens, or dandelion greens, and on occasion, beet greens, chard, and spinach
- Cut greens to desired size (larger in the summer). Use the whole bunch, including the stems
- Add cut greens to the boiling water and make sure they are submerged as much as possible
- Cook covered for 4 or 5 minutes or until they taste sweet
- Pour water through strainer (save for soup)
- Put greens in a bowl and cover until served

Condiments

- Gomashio: between 18 sesame seeds to 1 sea salt and 24 sesame seeds to 1 sea salt on a general basis considering yin and yang conditions
- Sauerkraut (spring, summer and fall) or Daikon pickle. These also depend on condition

Beverage

- Twig tea, not too dark
- Roasted barley tea, not too dark
- Roasted brown rice tea, not too dark
- Dandelion root tea
- Hot water
- A tbsp of lemon can be added in most cases 3 times per week
- A small amount of rice syrup can also be added in moderation

.From the **Cybermacro** web site

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