

we used shoyun not maximer

serve 1 to 2 spoon per person

till 3 days.  
Discard water.

daikon pickle (short)  
- Slice daikon in thin slices  
mix with salt or umami salt  
put in pen for 30 minutes

Risotto with Saffron

4 cups risotto rice  
1 finely cut onion  
1/6 gram saffron in powder in water  
dashi bouillon, heated on low flame  
wash rice set aside  
fry onion in olive oil or butter,  
1 glove, till coated + little bit  
shiny  
add dashi till the double  
wgt of the rice, bring to cook,  
when dashi is half absorbed  
put first half of saffron.  
When rice is finished add rest of  
saffron

burdock with miso + lemon pulp  
2 spoon sesame oil  
2 1/2 cup thin burdock slices  
1 to 2 spoon miso  
3 to 6 spoon water  
3 spoon roasted sesame  
1 + 1/2 spoon finely chopped  
heat frying pan coat it with the oil  
fry burdock till strong smell  
disappears. cover with water.  
Coverd simmer till soft, if needed  
add some more water. The Miso  
mixed into 3 part water, when  
burdock is ready add miso. Continue  
on small flame till dry. Add perenne  
+ lemon 1 + 1/2 miso for 1 + 2 additional amount

Shitake, daikon, wakame bouillon

4 shitake soaked, stems  
removed, in slices  
1/2 daikon in fine julienne  
1 spoon instant wakame  
1 Tsr. ginger juice  
1 Tspoon finely chopped parsley  
4 cup kombu dashi  
put shitake in dashi, cook till  
tender,  
add wakame, season with  
shoyu, add daikon, add parsley,  
ginger juice

Red beets in salt crust  
5 red beets, 2 kg or more  
put salt on oven tray  
put beets on salt  
cover beets with salt  
cook for 1 3/4 hour.  
crack crust + peel beets  
add some water or spices to  
salt for enhanced flavor

Carrot halva

1/4 cup raisins  
4 cup grated carrots  
1/4 cup soaked, peeled almonds  
6 green cardamom finely stamped  
sesame (vegan), ghee (vegi)  
slowly fry carrots till soft  
then add raisins, cardamom  
decorate with sliced almonds

Hijiki with Sesame  
50 gr. dry  
1 1/2 spoon sesame oil  
4 spoon shoyu  
1 to 2 spoon roasted sesame  
wash hijiki under running water, soak  
10 to 15 minutes, keep water and  
put hijiki in frying pan coated  
with the oil, fry till strong smell  
stops, add soaking water + if needed  
add more water till covered. Cook 30-40  
minutes till tender. Season with  
shoyu + continue to cook till  
dry. Garnish with roasted  
sesame.

Okara burgers

1 cup okara  
1/2 cup roasted whole weed flower  
1/4 cup finely cut onions  
1/4 cup grated carrots  
1 + spoon shoyu  
1/4 + spoon curry powder  
little bit black pepper

mix all ingredients and  
fry in Sesame oil





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## SUSHI

Sushi's zijn van origine Japans. Hoewel vaak vis in sushi's wordt gerold, bestaat in Japan de hoge klasse van Shojin koks die vegetarische sushi-soorten heeft ontwikkeld. Harmony Foods volgt die stijl.

De zeer brede toepasbaarheid van sushi's als snack en als borrelhapje of als voorgerecht of bij een koud buffet verklaart het succes van deze gezonde delicatessen.

Harmony Foods levert sushi's in aantrekkelijk verpakte rollen, die u zelf op de gewenste dikte kunt snijden.

## KOOKLESSEN

De moderne mens zoekt naar manieren om gezondheid en geluk in zekere mate veilig te stellen. Harmony Foods geeft gelegenheid dagelijks mee te werken aan menu's die de persoonlijke voeding zullen optimaliseren.

De kennis om smakelijke vegetarische gerechten te bereiden wordt in theorie verklaard en in praktijk geoefend. Het samenspel van de gerechten onderling blijkt dan duidelijk.

De lessen worden gegeven van 17.00 tot 19.30 uur en eindigen met een maaltijd samen.

## LUNCHBOX

De inhoud van deze lunchbox is vegetarisch. Zonder vlees, vis of eieren bereid, is het gehalte aan proteïnen, vitamines en mineralen echter optimaal.

**'YOU ARE WHAT YOU EAT'**

Deze lunch geeft voldoening en houdt uw lichaam energiek.

Harmony Foods, Herengracht 69, 1015 BD Amsterdam tel 31-(0)20-625 39 92 fax 31-(0)20-623 99 69



## about Miso

Miso is a uniquely grounding food, often the product of years of fermentation.

It embodies the contractive energy of yang in the yin-yang energetics that underlie Chinese philosophy and medicine (and macrobiotic diet). In Japanese folk wisdom, miso has long been associated with good health and longevity.

One specific health benefit of miso is the protection it provides against exposure to radiation and heavy metals. The research that verified this was conducted in Japan in the wake of the nuclear bombing of Hiroshima and Nagasaki and grew out of the observations of a Nagasaki physician, Dr. Shinichiro. He was out of town the day of the bombing, and the hospital where he worked was destroyed. He returned to Nagasaki to treat survivors of the bombing.

He and his staff ate miso soup together every day and never experienced any radiation sickness, despite their proximity to the fallout. Dr. Akizuki's anecdotal account of this experience led to the finding that miso contains an alkaloid called dipicolinic acid that binds with heavy metals and carries them out of the body. In our radioactive world, we could all do with some of healing.

Wild Fermentation, pg 58/59 by Sandor Ellix Katz

## Making Tofu with Nigari

300g soybeans

2.2L soft mineral water

70/80 me Nigari

1g powder nigari / 100 ml water

1. wash soybeans and soak in 1.6L mineral water or filtered

2. soak the soybeans at least 12 hours

3. together with the soaking water put into blender and blend for 2 minutes

4. put in a large pot, add 600 ml mineral water, and at medium heat, stir constantly so as not to burn the bottom, skim off the foam

5. after it has come to a boil, lower the heat and simmer for 15 min, stirring frequently

6. strain the milk through a mesh cloth and squeeze out all liquid when the soy is still hot

7. when temperature is around 70°C, add the half of the nigari and mix it

8. cover with lid and wait 10 min

9. pour in the rest of the nigari, evenly the surface of the liquid and gently mix once, wait 10 min

## Making Tofu with Lemon

equipment needed: blender, cheesecloth, pot for cooking, thermometer, mold/form

with possibility to drain water

1kg soybeans

400ml fresh lemon juice

2. blend soaked soybeans (without soaking water) with 4.2L water in small batches

3. put in a large pot and slowly bring to a boil over a medium heat, stirring constantly

4. skim off the foam

5. after it has come to a boil, lower the heat and simmer for 15 min, stirring frequently

6. strain the milk through a mesh cloth and squeeze out all liquid when the soy is still hot

7. when the temperature of the soy milk is around 40°C, add the lemon juice and stir in gently, the mixture will begin to solidify

8. gently spoon into the mesh covered form, fill mesh over the top and place a light weight on top

## making Natto

500g soya beans soak overnight

1 bag straw, wheat or rice (boiled for 10 min)

1. Next day cook beans with soaking water until it is possible to smash them between the fingers, adding more water when necessary, about 4 hours

2. drain the water

make a bed of straw in a container where the temperature can be held at 40°C

then spoon the beans onto the bed of straw, put on or near a heater to keep a temp.

it will take around 48 hours

When the beans are covered with a white sticky bacteria (*Bacillus subtilis* var. *natto*)

that stretches when you pull them apart, they are finished. In a bowl mix well with soy sauce, add chopped green onions and spicy mustard.

Beans known as legumes and pulses, are important sources for the quality of protein it contains.

Soybeans are known throughout East Asia as "the meat of the fields." Unfortunately, this dense bean can be difficult to digest. Plain cooked soybeans are notorious for the flatulence and indigestion they cause. Fermentation pre-digests the beans, breaking down complex proteins into amino acids that the human body can more easily absorb.

Fermentation is the most effective way to realize the powerful nutritive potential of legumes.

In addition, when beans are fermented together with grains, as they frequently are, the ferment is a complete protein, containing all the amino acids essential to human nutrition.

The United States is the world's largest grower of soybeans. Very little of it becomes nutritious food for humans. Most of it is processed into livestock feed and fry oil. Soybeans byproducts also wind up in plastics, adhesives, paints, inks, and solvents. Soybean has become a potent symbol in debates about world hunger. "Enormous quantities of the highest-quality food sources are fed to animals," objects Frances Moore Lappe in *Diet for a Small Planet*. She calculates that cattle are fed 21 pounds of protein to produce

a single pound of meat protein for human consumption, a shameful and unconscionable waste in world where thousands die of starvation each day.

Wild Fermentation, pg 57/58

Sandor Ellix Katz



