

Ota & Petra Reiss

Smart Bread Maker RECIPE BOOK

bread - yeast - cheese - yogurt - delicacy



modern technology
traditional procedure
without chemical additives

Smart BreadMaker

Professional baking technology,
resistant materials, intuitive operation, easy maintenance.
This is a smart breadmaker SANA.

Bake your own traditional sourdough bread at home.
With smart breadmaker you can easily prepare your own yeast.

SANA is not just a breadmaker, it can make other dishes as well.
Such as conventional and probiotic yogurt, kefir and acidified milk,
any kind of Tempeh cheese, Natto or natural dainty Amazake.

In addition, fully customizable programs allow
you to prepare meals according to your wishes.



STAINLESS STEEL OR TEFLON

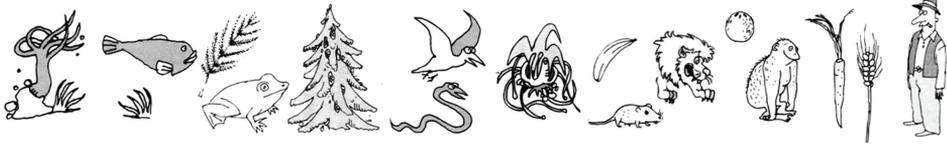


ECONOMICAL GLASS COVER



TEMPEH CHEESE KIT

Sana
SMART BREAD MAKER®



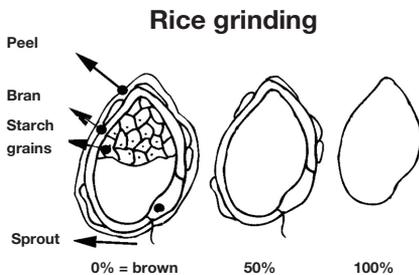
„The smartest food ever ...”

...According to the western society, the smartest food is not meat, not even fruit, which is considered to be the most valuable by vegetarians. Thinking of the smartest food, would you guess “humble” cereals and rice (which is the most wide-spread kind of them)? For most of us, cereals represent just a constricting and firming part of our diets. However, they are efficient for our healthy lifestyle. To have our body balanced another ingredient is also needed - the vegetable, which represents the opposite part of our diet – expanding and loosening. If these two parts are balanced, our organs work properly. Our heart will beat more regularly and our lungs will work properly as well as all cells in our body. Expansion and contraction are the two pure powers in our body that need to be balanced first! Next, it is time to care about important vitamins, enzymes and other ingredients. It can be compared to origin of the universe. First there was “+/-” polarity only, later energies originated (light among them) and they condensed into different kinds of particles, minerals...

If we study the evolution process on the Earth, we will find out that human beings, cereals and partly vegetables have the most complex and most perfect cell structure! For proper development, both mental and physical, these ingredients must be the main part of our diet!

**Healthy bread, or “designed” bread?
Or fifty technological mistakes in one kind of staple food (!)**

Common baked bread available in food shops in Western Europe is not only full of chemicals, so called additional substances, but also dangerous hi-tech technologies. Who would believe that unnatural lightening agents and cultures produce inappropriate substances influencing our digestion, and health in general? Today it is impossible to find out “whose bread we eat”. Also the label with detailed information about ingredients used is often difficult to find and read. It may be surprising for you but hardly anybody is able to bake proper leavened bread today, even bakers themselves are not! Therefore we have to make it ourselves at home. On the other hand, who is able to find time for its quite laborious baking every other day? Fortunately, we can use technical development to our advantage – we have created a multi-functional bread maker. It is able to produce leaven and also to make different kinds of bread according to your wishes. Special bread for children, adults, hard-working people, sportspeople (even regarding different kinds of sport)! It is suitable for people with health problems and for special diets.



Some sayings for distraction, results of which the authors did not think out thoroughly:

*„Whose bread you eat, his song you sing”
– understand: his illnesses you get*

(All nations have various bad habits when making bread – and also various illnesses)

*„Welcome your guests with bread and salt”.
– do it in case you do not want to meet them again*

(It is a big risk for our health to offer “designer” bread containing too much salt with even more salt!)

„He throws stones at you, you throw bread at him”.

(Unfortunately, both will have to be treated in hospital because most of the overdone and dried-up bread resembles hard bricks more than a nice, spongy and nutritious product for our cells!)

On the contrary, here is one clever oriental saying:

„One grain of rice gives you thousands of other grains – for free and forever”.

In accordance with it, we wish you all, our dear readers, good luck and ability to spread clever ideas and to give away “gifts” from your new bread maker now and forever.



After having studied different old nations’ habits we can state that it is possible to live without bread. However the modern food industry made our life impossible with “common” bread!

And what is our leaven bread actually like?

Quickly risen bakery products are very porous. That is why they dry out quickly and get hard, especially when not packed.

To gain the right information from history of baking and to find out which recommendations are correct and useful was hard and time consuming work for us. Most people who remembered how to make traditional leaven bread died a long time ago and the young ones have not learned it yet. The following generations do not have anybody to learn from. This fact made us develop a multifunctional bread maker which is able to make not only leaven bread but also traditional leaven, cheese, soya products “tempeh” and “natto”, yoghurt or malt. We will avoid the risk connected with food production in big bakeries with “modern” methods: artificial leaven, additional substances, accelerating

processes based on chemicals and GM, repeated baking, freezing and baking semi-finished products, extrusion or dehydration. All health food experts recommend us to eat wholemeal bread and bakery products. The problem is that there are no healthy wholemeal bakery products on the market. Often they are burnt, hard, dried out or not baked enough. Moreover, if you do not make your bread yourself at home, you cannot be sure about the ingredients. Excuse our mistrust but our experience shows that it is often risky, sometimes even hazardous to trust the producers. Bakery products belong to staple food containing essential substances for the building blocks of our organs.

When analysing bakery products from supermarkets we discovered several dozens of technological mistakes. There were fewer problems in shops with organic food, but even the bread sold there is not suitable for everyday consumption.



Some kinds of cereals (especially cultivated kinds), have too soft bran and it is impossible to grind them fine. Therefore it is necessary use sieves with $\frac{3}{4}$ -1mm apertures.



Storing warm bakery products in open baskets is catastrophic! It dries out quickly and gets hard, as well as our organs afterwards.

Some examples:

- 1) Bran is often added to stale white flour.
- 2) This bran is usually too big, sharp and hurts our digestive system. In case wholemeal flour is used, the amount of bran is problematic. Wheat and rye flour should be sifted through 1 mm sieves. This is the only way to see how big, indigestible parts there are. For children, it is recommended to remove up to 2/3 of those indigestible fibres.
- 3) Wholemeal flour should be ground from organic cereals only. Then you can be sure that the grain surface is not contaminated, e.g. after chemical treatment.
- 4) Fresh flour can be ensured by a home grinder only. It oxidizes while storing.
- 5) Another problem is the right leaven. Leaven used in most big bakeries is not the original, traditional leaven. Different unnatural starters are often used to revive it.



And what is our leaven bread actually like?

6) Bread crust may be another serious problem. It is too hard, dried out, crumbly and because it contains aromatic cyclic hydrocarbons, it is also carcinogenic. Burnt crust takes approximately 10% of a big loaf of bread. The smaller loaf we buy the bigger percentage of dangerous burned crust. There is even more than 45% burned crust with some small bread cubes. Have you heard the saying: "You are what you eat"? Then try to think about what has happened to our organs after having eaten non quality bakery products for dozens of years. Bad food influences both physical and mental health. Our organs start to dry out, they get hard and there is deficiency in blood supply. As a result of this, we suffer from varicose ulcers and heart attacks. Also aggressive behaviour is connected to hardening of the brain.

When people and doctors in our western culture accept the above mentioned facts, they will have won. Anyway, we do not need to wait until they see the light (we could wait forever). We can simply avoid making mistakes by using the new multifunctional home bakeries right now!

- 7) Putting too much salt into bread dough is a serious problem. Salt (as well as burned crust) causes dehydration and as a result of it, our vessels may grow numb.
- 8) It is also not suitable to combine flour that

soaks water and flour that does not, e.g. rye with rice or maize meal etc.

- 9) Most nations have problems with their bakery products. In the South it is consumption of white bread, often dried out and blown up. In England, young people often prefer the so called "English breakfast" which consists of dried and hard corn – flakes, muesli etc. In Western Europe the situation is similar, just muesli is replaced by dried and burnt bread and bakery products. This fact may explain the nations' typical qualities - some are more concerned with spiritual matters and some nations tend to cause wars.

The most perfect and best balanced bread kinds are oriental sushi rolls made of boiled cereals, pulses, stewed vegetable and alga.



It would be useful for our body to care about our "everyday food" like people in China, Vietnam, the Japan... they prefer wholemeal rice. We would not have to worry about removing bran and there would be no need to prepare leaven. On the other hand, tradition is tradition and we all would certainly miss the taste of traditional leaven bread. If you have an appropriate bread maker with the possibility to bake in steam, you do not need to worry about dangerous burnt crust.

Remember that even the best doctor cannot treat you better than a cook or a baker – in case they know how to make healthy food!



Modern "helpers" in the kitchen, like grinders, flakers or home bakeries will turn your kitchen into a pleasant and enjoyable workplace.

Let's start with traditional leaven



The word "leaven" has more meanings so you should be careful about whom you get it from. In case you do not have your own leaven, you should know both the leaven history and the person who gave it to you. For common bakers, the word leaven has a different meaning than for healthy life style supporters. Some leaven producers may use unnatural substances and starters. For us, however, just one way is acceptable: it is so called "self-fermenting", without having any industrial yeast cells in the same working room! If we stored industrial yeast in the same place, we would risk that within a couple of days it may "dust" into our "proper" leaven (fermenting process would be much faster then). "Healthy leaven" has its own "immunity system" and it is not likely to accept other kinds of yeast cells. However, some kinds of industrially cultivated yeast may "penetrate" into the leaven and destroy it. It is much easier to make our own leaven than to rely on somebody else. We can never be sure that the received leaven is "pure" and healthy.



An old saying says: „Good leaven makes a good baker“. However, our experience shows it is not valid any more. We have tested qualities of different kinds of leaven and results were always the same – if we use healthy leaven, the products are of good quality, if the leaven is not healthy, the products are bad. We have not discovered any “super-leaven”. The saying is nice to listen to but it is not valid at all.



Right picture: 10 year old leaven from Matev, an Austrian “master” baker. Left picture: our leaven, several weeks old. The only difference – Matev’s leaven grew a little faster.

you come back from holiday, you can start new leaven again.

We have found a lot of myths in old cookery books so we believe our experience and research.

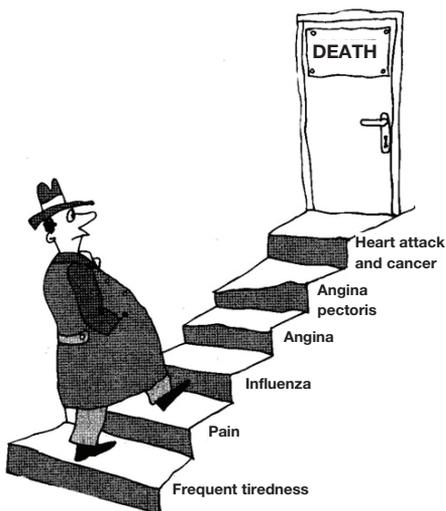
„It is easier to find one true statement among one hundred lies, than to create one true statement oneself!“ O.R.

Home-made leaven – method of multistage rising

A common rule says that the ideal temperature for rising is 27 – 28 °C. However, this is not a general truth. There is not a single type of bacteria only but several dozens of cooperating cultures and the above mentioned temperature is not ideal for all of them. Therefore we recommend two stage rising at least, first 20 – 25 °C for yeast cells and then 30 – 35 °C for lactic fermentation bacteria.

We can often hear that **leaven is handed over to next generations**. Some bakers keep this tradition for ages and believe their bread to be better, healthier or even magic. However, during our tests, no advantages of the long process of repeated fermentation have been revealed. We compared a sample of a 10 year old leaven gained from an Austrian baker with our own (recently started) leaven. Was there a difference? Our leaven did not grow so fast, which is an advantage for us – if something grows slowly, then it is of better quality. The same rule is valid for vegetables, cereals etc. Only if there is enough time for growth, the plants are able to produce useful nutrients!

The same is also true for modern “leaven banks”. If you leave to go on holiday and there is nobody to look after your leaven, you can put it into such a bank. If you have a bread maker equipped with the right functions, there is no problem at all. After



Not all steps lead upwards. We cannot go up without healthy bread!



Home-made leaven versus industrial yeast

The difference between natural leaven and unnatural lightening agents is huge. Even the fact that natural leaven grows slowly may be an advantage for us when baking bread at home. We do not need to use the function “postponed start” and we get a proper product, handed in a natural way. It is healthier and easier to digest. It contains approximately 40 kinds of cooperating bacteria and yeast cultures, which ensure higher production of vitamins and enzymes, split long starch chains to make them more digestible and also eliminate chemicals that plants produce for their own protection and that make our digestion difficult! Quality products need enough time, long rising and accelerating agents would destroy the whole process. Industrial production concentrates on speed of CO₂ creating, which is important for big rising, taste and design! It is a paradox that with the new multifunctional bread maker, using natural processes only, we can bake a spongy, tasty and good looking loaf of bread at home, and for half the price! If you learn to use the bread maker, it will take you just 5 – 10 minutes to make bread that is healthier and prepared according to your needs. Baking bread will take you even less time **than going to the shop!**

How to make traditional leaven

(Do not confuse with increasing of established leaven!)

If you decide to make your own leaven for the first time, you will need a lot of patience. We put ca 100 g of rye flour into a jar and add ca 80 ml of water – approx. 27 °C. After stirring it for a while we should get pulp consistence. Next, we put a cover onto the jar but not a threaded one (leaven must “breathe”). Then we put the covered glass into the bread maker, start the function “fermenting”, set the temperature at 27 °C (+/- 2 °C) and leave the covered jar in the bread maker for several hours. Then we take away a part of the dough, mix it with the same amount of fresh water and flour and let it ferment again under the same conditions. This is called “leaven feeding” and it is necessary to do it every couple of hours for 3 days. In the end, the leaven produces within 2 – 4 hours enough bubbles and its volume multiplies. This is the right time to use it for preparing bread dough or into other bakery products!

If – at any moment of the process – the leaven produces an unpleasant smell, stop everything and start again. Finished leaven (so called “established leaven”) should be of pleasant, slightly sour smell and of medium dense consistence. When making dough, you should always leave ca ¼ of it in the jar for future baking. In theory, it is possible to use the basic leaven every 2 – 4 hours to make new dough, forever.





Storing of traditional leaven

Be careful about leaven storage! It was already explained that it is impossible to store leaven and industrial yeast in one refrigerator. In fact, we do not need to have any yeast at home as it is possible to use home-made leaven instead of unnatural lightening agent in all kinds of dough. The leaven must not be too thin. It should be of pleasant, slightly sour smell and must not be frozen or dried! Next "leaven feeding" is necessary after about 5 days.

Do not forget...

...that to make ordinary bread, only flour and water is needed. Other ingredients are additional and should be used adequately! Then it depends on bakery-skills only, and you can get them with us.

If your bread is nice and tasty, then you have already made **the first step**. **Next**, you may try to adjust your bread to your family needs – to prepare a special one for children, adults, hard working people, sportspeople etc. You can also try to make herb bread to treat different illnesses.

Every illness needs its own bread, as well as every kind of sport. One kind of bread is suitable for jumping, one for sprinting and one for long-distance running.

You are the only person who knows your family and their demands. You are willing to work hard for them and to use the best ingredients to keep your family fit. It cannot be expected from big producers. They often concentrate on low prices only and do not check the quality of their products. Our home-made bread is cheap too but its value is not quantifiable!

You can manage to prepare it in 5 - 10 minutes, so it will take you less time than getting bread from the nearest shop, bread with unacceptable quality. Our multifunctional bread maker will make everything for you.



Athlete Jana Reissová – at the age of 16, she had already won 7 gold medals at Czech Championships. For each discipline, a special kind of bread is prepared for her!

You can also purchase a home grinder. Then you will not need to seek for quality corn and flour any more. If you take part in our one day courses, you will get information about the best corn producers who offer organic corn for favourable prices. Then there will be no problems with stale flour which can go rancid too. Home grinder helps you become independent of both bakery shops and industrial mills that do not treat flour properly.



Leaven bread



Simple wheat bread with seeds

600 g of organic wholemeal bakery wheat flour
 150 g of ripe wheat or rye leaven
 400 g of quality water
 Up to 100 g of different kinds of seeds (sunflower, pumpkin, ground flax)
 10 g of coarsely ground caraway
 3 – 6 g of sea salt

Wheat bread with boiled cereals (suitable for children's snack)

600 g of organic wholemeal bakery wheat flour
 150 g of ripe wheat or rye leaven
 400 g of quality water
 200 – 400 g of boiled cereals (rice, oat, millet, groats ..., the amount does not matter much)
 10 g of coarsely ground caraway (it is possible to add a little fennel, coriander...)
 10 – 20 g of oil, e.g. olive oil
 3 – 6 g of sea salt

Wheat-rye wholemeal bread

450 g of organic wholemeal bakery wheat flour
 150 g of organic wholemeal bakery rye flour
 200 g of ripe wheat or rye leaven
 400 g of quality water

ca 350 g of boiled cereals (rice, oat, millet, groats ..., the amount does not matter much)
 10 g of coarsely ground caraway (it is possible to add a little fennel, coriander...)
 Up to 100 g of different kinds of seeds (sunflower, pumpkin, ground flax seeds)
 10 – 20 g of oil, e.g. olive oil
 5 – 8 g of sea salt (as rye is quite sour)

First, we mix water with leaven, add wheat flour and then rye flour. Next, we add oil, salt, spices, seeds and knead it properly. Rye dough can tear while kneading so we make it more solid and help ourselves with a spatula. When everything is mixed up, we add boiled cereals. We knead the dough properly again and when it is finished, we make the bread surface smooth by moist hands. We can sprinkle it with seeds or caraway then. Next, we put a glass cover onto the bread and let it rise for 4 – 7 hours, with the temperature set at 27 - 28°C. We switch on the first baking phase: 15 min at 160 °C, and still 1 ½ hour at 130 – 140 °C afterwards. If we bake it this way, the bread is made properly and thanks to the glass cover, its crust is not too hard. You can adjust the temperatures according to the baking results.

Rye bread

600 g of rye flour
 200 – 250 g of wheat or rye leaven
 400 g of water
 5 – 8 g of sea salt
 10 g of bread spices
 Up to 20 g of olive oil
 Ca 100 g of different seeds



We put leaven into a vessel, add water and mix it a little with a wooden spatula. Next, we add flour and other ingredients. Rye flour is sticky and it is difficult to mix, therefore we help the blades with a spatula. If we have enough time, we let the dough rise for about 2 – 2 ½ hours, at 27 – 30 °C. After the first rising phase we mix it for about 3 minutes again and then we remove the blades. The dough aerates more and rises better then. The second rising phase should be set for 3 – 4 hours and then baking follows. If we do not interrupt rising with the second mixing, we let the dough rise for about 6 hours at 27 – 30 °C. According to the results, you can adjust temperatures, times or the amount of leaven. Baking is always the same. First we bake the bread for about 15 minutes at 160°C and next 1 ½ hour at 130 – 140 °C.

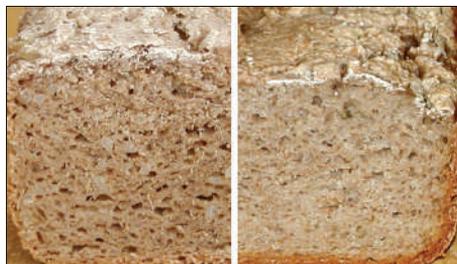
Our recipes support healthy lifestyle. Therefore we are not concerned with products and ingredients that are not suitable for our good health (mineral lightening agents, GM yeast). We also avoid strange combinations of ingredients: milk with sugar and flour (except of feast baking), multigrain bread etc. Ideal bread for everyday use is simple: 1 – 2 kinds of cereals and water! Actually, leaven is only a mixture of fermented flour and water! All other ingredients are there just for better taste and look, not for health!

For exacting customers, we have prepared also special recipes for younger or elder boarders, for people with hard mental / physical work or sportspeople. There is a special kind of bread for each sport – e.g. bread for sprinters, marathon runners or bodybuilders. It is also possible to make special bread for different illnesses.

When you have made your first loaf of bread (nice and tasty), you should know you have made just the first step. Now it is time to improve your baking skills and to adjust your bread to your family needs. And this task is never ending!



An interesting kind of bread: white – dark. If you put a divider into the vessel, mix the white and the wholegrain dough separately and then remove the divider, you will get an interesting dough structure while rising. The “pattern” looks great and everybody can cut the loaf from the side he / she likes best.



It is also possible to make bread containing more barley flour (left picture) or buckwheat flour (right picture). However, neither of the flours is able to make leaven, therefore you cannot expect big rising here. We recommend more wheat leaven and longer rising time.

Leaven bakery products



Scrolls (filled with sauerkraut)

600 g of organic wholemeal wheat smooth flour (spelt, winter crop...)

Up to 150 g of wheat flour can be replaced

by rye-, barley-, oat- or buckwheat

200 g of ripe leaven

270 – 300 ml of milk (plant milk)

6 g of sea salt

100 – 150 g of olive oil or butter

1 handful of fresh chopped parsley

1 spoon of dried thyme

600 g of sauerkraut cut into stripes

2 spoons of coarsely ground caraway (to sprinkle on the top)

1 egg to spread on the top

First we mix leaven with milk, next we add flour, salt, oil / butter, spices and we make smooth dough. We let it rise in the bread maker for about 1 – 1½ hours at 28 °C, then we knead it shortly again and leave it in the bread maker to rise for 1½ hours again.

We roll out the well risen dough to get a large, flat plate. We put the squeezed sauerkraut on it. We brush the edges of the dough with whipped egg and make a big roll. Then we slice the roll and put the slices onto a baking tray (covered with baking paper), brush their surfaces with whipped egg and sprinkle with grounded caraway. We let the scrolls rise a little on the baking tray and then we put them into the oven. We bake them for about 25 minutes at 170°.

Baguettes

The same dough may be used to make **small baguettes** (without sauerkraut) too. It is possible to add sunflower seeds, ground flax seeds etc. The best spice for baguettes is finely / coarsely ground caraway. We can sprinkle the baguette surface with caraway or sesame.

It is possible to bake the baguettes directly in the bread maker (using special forms) for 10 minutes at 160 °C and then for 15 minutes at 130 – 150 °C. We stick a roasting thermometer (with a measuring metal needle) into a baguette and measure the temperature inside. If it reaches 90°C, we finish baking.

Pizza, buns...



We can use the baguette dough to make excellent pizza, buns or other bakery products too.



Leaven flat cakes



If the dough has risen well, it creates a lot of bubbles while frying on the pan. The flat cakes are nice and soft then.

*Wheat or rye flour – ca 500 g (wheat or rye flour is necessary but up to half of it may be replaced by buckwheat- or barley flour etc.)
ca 150 g of leaven*

Boiled cereals (any amount)

Various kinds of seeds

ca 3 spoons of oil (olive oil)

Water – ca 330 ml

Salt, caraway according to your taste, marjoram, fennel, garlic, coriander...

Fried onion

It is also possible to use boiled cereals only (any amount) and to "stick" them together using a little flour. Flat cakes do not support production of mucus in our body.

First we mix leaven with water and then we add the other ingredients. We let the batter rise in the bread maker for about 3 hours at 30 °C – the time depends on the amount of bubbles in the dough. The longer the dough rises, the sourer it is. We fry the flat cakes on a pan with little oil on both sides (with a cover on the pan). If we have some flat cakes left from the previous day, it is good to steam them. They will taste like fresh ones then.

Note: The fermentation process includes also gluten fission (which is hardly digestible for us) and leaven bakery products gain a lot of new nutritious substances. Sometimes it happens that leaven bakery products do not

cause any problems even to people allergic to gluten.

Wholemeal flat cakes

Digestibility of gluten may be easier when natural leaven is used but sometimes we can also make flat cakes without it (not fermented). We can either add wholemeal wheat flour, or leave it out and replace it with buckwheat flour.

Flat cakes made from boiled cereals and wheat flour

Boiled cereals (2/3)

Flour (1/3)

Salt, caraway, marjoram is also tasty

Various kinds of seeds

Oil

Water

We mix the boiled cereals with flour and other ingredients. If we add oil into the dough, we do not need to use it so much while frying then. We make heavy dough and leave it for a moment. We take the dough with moist hands and put it into a pan. There we finish its shape. We cover the frying pan, lower the heat and turn it after a while. The amount of oil depends on the type of pan we use.

Flat cakes made from wheat flour, maize meal and oat flakes

200 g of wholemeal wheat flour + 100 g of maize meal

200 g of fine flakes

Water

Oil (e.g. olive oil)

Salt, caraway etc.

First we pour ca 250 ml of warm water onto the flakes and let them swell up. Next, we add maize meal (the flakes should still be lukewarm). Then we may add wheat flour and other ingredients. We use enough water to make heavy dough that is possible to be formed. Then follow the instructions from the previous recipe.



Gluten-free dough

Gluten-free flat cakes

Maize meal, rice flour, buckwheat flour etc.
Salt, caraway...
Oil
Water

We pour hot water on maize meal or rice flour and let it swell up. Then we thicken it with buckwheat flour because it has the ability to absorb water, in contrast to the previous two. If we did it the other way round, buckwheat flour would soak all the water and the other flour would not swell up at all. (Keep this rule for all absorbent and non-absorbent cereals!)

We leave the mixture of all ingredients to rest for a while and then we form small flat cakes. They dry out quite quickly, so it is good (for children necessary) to steam them before serving.

It took us about 4 days to create our first leaven in our multifunctional bread maker. Every following stage was finished within 2 – 3 hours (in 5 times bigger amount!) There was nearly no difference in maturing of wheat after deproteination (left picture) and wholemeal wheat.



Surprisingly, also testing special kinds of bread for people allergic to gluten had excellent results!



We used a brand new product - „deproteinated“ wheat starch – and raised new leaven culture in it. It is a 100% natural product, containing no starters or lightening agents.

Note: Be careful about heat-treated starch, it is not able to create any leaven!

As you can see in the picture, the leaven culture is so strong, that even a 50% share of boiled rice with seeds did not influence the speed of rising. If we add boiled cereals, we can decrease negative effects of smooth flour (mucus creating, stickiness or even oxidation). Cereals can be combined or changed.

We can add boiled buckwheat, quinoa, amaranth and rice, the best balanced cereal of all. Also soaked nuts or seeds can be used. It is not well known that even dried herbs can be ground and put into the dough to ferment there. It is a great possibility for those who do not like herbal tea!

Dumplings

Boiled in cloth

250 g of wholemeal flour
 200 – 250 g of plant milk (whey)
 30 g of puffed rice (or more)
 A little oil to roast them
 1 big organic egg
 Salt

First we put water into a big pot and wait until it boils.

Next we mix milk with yolk and salt, add flour and knead everything properly. Then we add puffed rice and finally the egg-white, whipped with a pinch of salt (it is important to mix it very gently into the dough). The dough should not be too tough. We form a dumpling and wrap it into a moist cloth. We tie the cloth on both sides and put the dumpling into boiling water. We cook it for 50 – 60 minutes. If you have the possibility to measure the temperature inside (with a roasting thermometer), you can stop cooking when it reaches more than 90 °C. Then you can take it out of the hot water, unwrap and slice.



Dumplings made from millet and oat flakes

Millet boiled in water

Dry oat flakes (½ weight of dry millet)

Salt or UME-vinegar, SHOYU...

1 spoon of oil (to add into water when boiling millet)

Maize meal (smooth) or a little starch (Maizena, Kuzu, Arrowroot)

This kind of dumpling can be made also gluten-free (without oat flakes) and similar recipe can be used also for dumplings made from buckwheat.

First we need to cook millet. There is a special way to make it: We put water into a small pot (millet:water – in a ratio of 1:1½), when water starts to boil, we add salt, one spoon of quality oil and millet. Then we put the small pot into a pressure cooker with ca 3 cm boiling water. We close the pressure cooker and cook everything for about 15 minutes (this method is very convenient because there is no risk of burning the millet). The same method of cooking may be used also for maize meal, rice or buckwheat. If we use a normal pot, we cook it just a short time and then leave it on the cooking stove until it is finished.

Oat flakes preparation: we take a high vessel, put oat flakes inside and pour cold water on them. We mix it a little and then strain the water with chaff. We also get rid of useless starch this way. It would make the dough too sticky. We put the flakes into a sieve, let them drip off and move them into a bowl prepared for the dumpling dough. While we wait until the millet is ready, the flakes absorb water and we may season them now (I usually use Ume-vinegar).

Then we add boiled millet (not hot!) and mix everything together. You may add soya sauce (according to your taste). To make the dough thicker, we use maize meal (wheat flour is also possible) and a little starch.

We put the dumplings (looking like little potato rollers) into boiling salty water and cook for about 8 – 10 minutes. When they rise to the surface, we take one out and cut it to find out if it is cooked enough. Cold dumplings are tough and we can use them to prepare other tasty meals. We can slice them or just cut into halves and roast slightly on sesame oil or ghi.

Another possibility is to slice the roasted dumplings, add chopped onion or leak, little cubes of tofu or tempeh and another tasty meal is ready. Do not forget a side dish - fresh vegetables.

Note: Tasty dumplings can also be made from oat flakes (soaked), boiled groats and millet (in a ratio of 1:1:1). To make the dough thicker I use buckwheat flour and season it just with salt and finely ground caraway. They are excellent with tomato pesto.



We have heard many different opinions about nourishment. Some of them insist that bad food can cause a lot of health troubles but good food cannot solve them. However, people who have tried to lead a healthy life style already know that good food can help to treat a lot of illnesses and improve one's mental and physical condition!

Cereals from one pan

Onion

Oil

Spices (e.g. garlic, parsley, paprika...)

Boiled cereals (buckwheat, rice – can be white, millet, groats etc.)

We roast onion, garlic and spices on a pan. Then we add various kinds of boiled cereals and warm up the mixture. If there is enough time, we can add chopped carrot, parsley, peas, sliced leak etc.

We stew the vegetables until they are soft. In case we add some pieces of fried (smoked) tofu, "tempeh" or "seitan" we get a tasty risotto.



It is not a coincidence! One healthy food lover's hand looks like his favourite bread.





What to spread on bread?

Or let's have a look into Petra Reissová's kitchen

Spread from yellow peas
(halved is the best)



Yellow peas (halved)
Soaked seaweed "kombu" (a stripe)
Marjoram
We can add dried or stewed carrots, parsley and celery (finely chopped celery is very tasty)
Dried parsley leaves
Lovage
Smoked tofu (not necessary)
Onion according to your taste
Sesame (olive) oil
Salt or SHOYU, TAMARI
Cayen pepper may be added (but not for small children)

We put peas into a bowl with cold water and leave it there for at least 4 hours. Then we strain the water (because peas are flatulent). Next we put them into a pot with cold water (there should not be too much water, just to cover the peas) and start to cook. We keep removing foam from the surface and do not cover the pot until there is no foam on the surface at all. It might overflow and make the cooking stove dirty. Then we add the

seaweed KOMBU (cut into cubes, including water where we let it soak).

When the peas are nearly soft, we add SHOYU or TERIYAKI (mixture of SHOYU and different spices, ginger etc.), salt, spices and finely grated smoked tofu. We warm up the pan, put chopped onion there and add sesame oil. When the onion is roasted, we add grated carrot, parsley and celery and wait until all vegetables are soft. Then it is time to add the peas (look more like a mash). We mix everything together and warm up a little. Healthy people may like some olive oil with it (but this should stay cold, after adding it we must not cook the spread any more).

We put hot spread into preserve jars and screw the tops (they tighten by heat). If stored in a fridge, we can eat it for about one week. It is not even necessary to use a blender to make the spread. The hot peas get mushy while mixing with the other ingredients.

Soya spread

Boiled soya bean (must be soft)
Quality mustard
Vegetable oil (sunflower oil for frying – its taste is neutral)
Onion according to your taste
Shoyu (or sea salt)
Water (used while cooking of soy beans – as necessary)
Chilli

Shortly before the soy beans are boiled enough, we add soya sauce (SHOYU or TAMARI) and cook for a while. Then we move them into a blender. Next, we add mustard, oil, chilli and some water from cooking to enable mixing. Finally, we mix in the roasted onion (if you like fresh onion, you can use it). If your spread is too liquid, you can thicken it – put it into a pan, add a little quality starch to it (e.g. KUZU, ARROWROOT, organic MAIZENA) and stir well.



Lentil spread

Lentils

Soaked seaweed "kombu" (not necessary but lentils get soft sooner and are more digestible then)

Quite a lot of onion, pepper, carrot, parsley, celery, marjoram, ginger or garlic

Salt + soya sauce or UME – vinegar

Smoked TOFU

Flour for thickening

Oil

Note: *There may be ingredients in the recipes that you are not familiar with. I warmly recommend trying them. They are available in all good health food shops.*



First we roast onion, then add grated carrot, parsley and celery. Next, we add salt, boiled lentils, chopped smoked tofu and cook together. We season the mixture with ume-vinegar, salt, soya sauce and spices according to our own taste. I recommend marjoram + garlic, ginger + garlic or garlic + hot chilli curry (Sonnentor) + ginger or coriander. If necessary, we may thicken the lentils with flour mixed up with cold water. In the end, we may add a little sesame oil (or other oil) and mix everything in a blender (to get a consistence of spread). However, it is much better to store just the lentils (not mixed up with oil) and to make little amount of spread more often (just what we eat at once). Mixed food oxygenates faster and its quality gets worse. Put hot lentils prepared according to this recipe into preserve jars and screw the tops (they tighten by heat) – this

method is called "Swedish preserving" – temperature ca 80°C. If stored in a fridge, you can eat it for more than one week.

I recommend buying vacuum tops – they are worth the money because you can preserve fresh food 3 times longer than usually. And there is no need to cook so often. Lentils prepared according to this recipe can be used as a side dish or spread. In the other case it is better to spread a little margarine on the bread first.

Broccoli spread

Broccoli, onion, green pepper (I use smaller ones, light green)

Tomato puree

Shoyu, garlic, basil thyme

Sesame oil (or other oil)

One big boiled potato or corn porridge for thickening

We roast onion on the oil, add sliced garlic, finely chopped broccoli, green pepper, basil thyme and tomato puree. We stew it, if necessary we add some water, but there must not be any water left at the end of cooking! If the tomato puree is sour, we may sweeten it with a little malt. When it is cold, we grind everything in a meat mincer, including the potato or we can add corn porridge. Depending on your taste, you may also add some olive oil.

If you do not need the consistence of spread, it is better to eat it not grinded. The meal does not oxygenate so fast, can be used longer and is of better nutritious quality then.

Chickpea spread (Hummus)

ca 600 g of boiled chickpeas (must be soft)

30 ml of olive oil

Lemon juice (according to your taste)

4 cloves of garlic

A few spoons of Sesame paste tahini

Sea salt, pepper, parsley (pepper may be replaced by finely ground chilli peppers, coriander...)

First, I put chickpeas, some broth and oil into a blender and mix it. Next, I add lemon juice, garlic mashed with salt, coriander etc. I do not add parsley leaves into a blender. I just chop them finely and stir into the ready spread.



400 g of fish fillet (e.g. codfish ...)
1 piece of celery (medium size)
ca 2 carrots
Sesame or sunflower oil
UME vinegar or lemon juice
Home-made mayonnaise or sour cream
Teriyaki (not necessary)
Mustard (without preservation agents)
Salt, pepper

Avocado spread

(tasty and fast)



2 avocados (well ripened)
2 cloves of garlic
Lemon juice (according to your taste)
Sea salt

We mash the avocado pulp properly with a fork, mix it up with the other ingredients and the spread is ready. This kind of spread is intended for quick consumption because the avocado pulp is likely to oxygenate (it gets dark).

Fish spread from stewed fillet



First, we stew fish fillet on oil, seasoned just with salt and pepper. Meanwhile we steam carrots and celery in another pot until they are soft. When everything is cold, we mash the fish with a fork and remove the bones (it may be done in the pan). Next, we add finely grated carrots and celery, mustard, a little sour cream or home-made mayonnaise. It is possible to buy soya cream or even oat cream. Both are suitable. However, if you add quality oil only, the spread will be good too. According to your taste, you may season it with UME vinegar (salt-sour taste) or just lemon juice.

„Tartar sauce“ – “tofu” sauce

We need 1 soya cheese “tofu”
Oil (e.g. sesame or olive)
UME vinegar
Onion
We can sweeten it with apple concentrate or maple syrup
Mustard without preservation agents (may be also horseradish mustard)
Salt and pepper

We mix “tofu” and oil (a few spoons) gradually. Then we add all other ingredients and make a smooth cream. In the end, we stir finely chopped onion into it.

If you use fresh “tofu”, you will get a really smooth cream. From my point of view, it is better to boil it a little because it is easier to digest then. Also the water from boiling may be used when mixing the cream.



Sweet basil pesto



Sweet basil
Olive oil
Roasted sunflower seeds
A couple of cloves of garlic
Lemon juice
Salt

We put sweet basil, salt and oil into a blender and mix (we can also mash it in a special bowl "suribasi"). Then we season the mixture with mashed garlic (garlic taste should not be stronger than sweet basil) and lemon juice. Then we add roasted sunflower seeds (coarsely / finely ground). It is possible to add Cashew nuts instead but I do not use them, I consider the sunflower seeds much better. Add the seeds and oil according to your taste and depending on how thick pesto you want to get. If I use 100 g of fresh sweet basil, I usually get more than 0.7 l of pesto.

Tomato pesto



I usually buy dried tomatoes in a health food shop (they are not expensive). I chop them and mix with olive oil in a blender. The tomatoes contain salt, so you do need to add anything else. The pesto is ready! This mixture is excellent with rice and to season different kinds of spread. If you like, you may add roasted seeds too.

Ghí – clarified butter

This kind of butter is a part of Indian tradition. It is a practical way how to preserve butter longer. When clarified, butter becomes a very useful fat. It is easily digestible and has the ability to bind fat-soluble toxins (so it helps detoxicating). Moreover, it is very tasty (resembles nuts).

When preparing "ghí", lactose and casein get separated and only pure butter fat remains. This - compared to common butter - can be used at high temperatures (up to 200°C). Therefore it is suitable for frying. If you have it with pasta, it will get incomputable taste! If stored in a fridge, it can be used much longer than common butter.



Preparation: Butter must be heated over a very low flame. While it is being clarified, we remove white foam from the surface. We cook the butter gently and stir occasionally so that it does not get burnt. When "ghí" is ready, it does not create any white foam on the surface and it smells very nice. If you want to keep it longer, filter it through a fine cloth.



And what to eat with bread?

Colourful bean salad

Boiled white and red beans (e.g. navy), in a ratio of 1:1

Onion according to your taste

White "tofu"

Pickled red pepper

Tasty salad oil (e.g. a mixture of sesame and olive oil)

Soya sauce and sea salt if necessary

First we need to boil beans until they are really soft (we let them soak in a bowl of water for at least 12 hours. Next we cook them in a pressure cooker for 45 minutes). When they are nearly ready, we add soya sauce and wait until they cool down. Meanwhile, we slice red pepper, chop onion, grate "tofu" and put everything into a bowl. In the end, we add cold beans, oil (if necessary) and mix everything properly.



Chickpeas with red pepper and "seitan" (or "tempeh")

Chickpeas

Seaweed Kombu

Green or white pepper (for 500 g of dry chickpeas 4 peppers are needed)

2 red peppers

We may use chopped celery too

Onion

"Seitan" (it is already fried) or fried "tempeh"

Finely ground caraway

Paprika (dried)

Soya sauce, salt

Sunflower oil or other virgin oil

Some wheat flour for thickening (may be gluten-free too – maize meal, buckwheat flour, ground amaranth etc.)

First we boil soaked / sprouted chickpeas (for detailed information see recipe above). Next we roast onion on oil (the more onion, the better), caraway and dried paprika (for stronger taste). Then we add finely chopped green and red pepper. After having stewed everything in a pot for a while we add boiled chickpeas and hot water (amount depending on how much sauce we want to have). We boil everything together and season the mixture with soya sauce and salt. To thicken the sauce we use wheat flour mixed with water. For better digestion it is possible not to use any flour at all (the meal is gluten-free). We may take part of the boiled chickpeas, mix them in a blender, put the mash back into the pot and stir thoroughly. On the other hand, we must count with the fact that the food oxygenates faster then and it cannot be stored for long. Then we add copped "seitan" or "tempeh" and let everything warm up together. To make the meal smoother we may mix the flour with soya milk or soya cream. When serving, we may garnish it with chopped onion tops, leak, garden cress etc.

It may be served with boiled cereals (not over boiled!), e.g. combination of rice and buckwheat or with dumplings (but they make this meal hard to digest. Common dumplings may be replaced by dumplings made from boiled cereals.

Note: When we prepare a mixture of rice and buckwheat (cereals with different ability to absorb water) it is necessary to boil them separately and mix them first when they are ready.

Vegetable Salads



It is up to you, to try different combinations and decide what you like most. I can just recommend some "favourite" recipes. In summer we usually make salads from fresh vegetables, in winter we scald the vegetables first (it depends on size / kind of vegetable – 2 – 5 minutes are usually enough) and then we make salads. For salads from boiled vegetables, plenty of combinations are possible – onion (I cut it into halves before boiling), carrot, cabbage, broccoli, cauliflower, beet root (I prefer preparing it in a steamer, not peeled), etc. Salads from boiled vegetables are great with "tofu" mayonnaise (see recipe above).

Suitable vegetable combinations for "fresh" salads:

- cabbage (squeezed), onion, Chinese cabbage, carrot, tomato, pepper or sweet corn...

- cabbage, carrot, celery, parsley, onion

- cabbage, beet root, carrot, celery, onion
- sprouted mungo beans, onion, tomato (Especially in spring it is necessary to use sprouted grains and seeds. We enrich our food with valuable vitamins, minerals and enzymes that we have run out of during winter.)

- sprouted lentils, onion, tomato or carrot, sweet basil

- Chinese cabbage, white radish or radish, onion, carrot, tomato, cucumber is also possible...

– iceberg lettuce, cucumber, onion, radish...
If you want your salad to be really tasty, you must choose fresh vegetables and make quality salad-dressing from natural virgin oils, vinegars and malts.

Example: We put a little water into a small pot and heat it. We add malt (barley malt, wheat malt...) and stir it until it melts completely. It is possible to use maple syrup or apple concentrate too (apple concentrate makes the dressing a little sour too). We prefer malt to cane sugar, it is better for our health. We put 1 spoonful of malt into ½ l of water, add 2 spoonfuls of UME vinegar (it is already salty) and a little wine vinegar or apple vinegar, lemon juice etc. You may season it with sea salt, apple concentrate etc., depending on your taste. What oil concerns, I have the best experience with sesame oil, olive oil or carthamus oil.

Sometimes I add some herbs into the salads – dill, caraway, marjoram, sweet basil, lovage, parsley leaves (can be dried) etc.

Also various roasted seeds (e.g. sunflower, pumpkin or sesame) are very tasty.

Cauliflower salad

We boil cauliflower (divided into pieces) in salty water until it is soft (but not overcooked). Then we move it into a bowl, we add a couple of chopped tomatoes (to make the salad colourful), finely chopped onion and fresh parsley leaves.

We season it with UME-vinegar and we use dissolved malt, cane sugar, maple syrup to sweeten the salad. In the end, we add some quality cold-pressed oil (sesame, olive etc.). The salad is excellent with some "tofu" mayonnaise and if you have no problem with milk products, you may add a couple of spoons of sour cream.



Quick white radish salad –

Suitable side dish with fried meals

We put grated white radish (diakon) into a dish, season it with UME vinegar and add roasted sesame seeds. If you like, you can add fresh ginger too.

Salad made from celery and beetroot

We need to boil the beetroot but the celery will be used fresh. We put grated beetroot and celery into a dish, add finely chopped onion, a clove of garlic, quality oil, lemon juice or UME-vinegar, salt etc. To make the salad smoother we may add some oat cream or organic sour cream. Roasted seeds are also very good.



Sprouted mungo salad (mungo beans)

We put sprouted mungo beans into a dish, add chopped onion, roasted sesame seeds and mix them together. We season the salad with UME-vinegar, apple concentrate, maple syrup or malt... – it is not necessary to use all the ingredients. We may add some quality organic oil (e.g. sesame). We may water the dressing a little too. To alter the salad we may add chopped tomatoes and some sour cream.



Tasty salads can be prepared from various kinds of sprouted pulses, seeds or cereals. However, we never use sprouted beans, soy beans or other seeds with strong affect on our digestion!

Fermented salads

It is possible to ferment nearly all kinds of vegetables, not only cabbage, which is usual in our country. We can try to ferment carrot, parsley, celery, green food and various kitchen herbs. With a pinch of salt (ca 10g / 1 kg of vegetable), the vegetables are able to get light sour taste until the following day. We chop the vegetables according to time planned for fermentation (if we want to have the salad ready in one day, the vegetables need to be chopped very fine). The juice should reach up to the cover.

A home-made jar for „pickles“: It is possible to make there all kinds of fermented vegetable, every day. (We may use a suitable jar made from natural material filled with sand or small stones instead of a spring.)





Leaven sweets

Leaven fruit cake



Dough (approximately):

500 g of wheat flour,

We can put also boiled millet into the dough – this kind of cereals is very good in combination with fruit.

150 g of leaven (approximately – if there is less leaven, the dough rises more slowly)

50 g of vegetable fat (or sunflower oil / rapeseed oil + olive oil - in this case we use less water)

It is possible to use raisins too (boiled ones are better).

You can try also roasted ground flax seeds, sunflower seeds ...

1 spoonful of liquid malt (e.g. barley), or cane sugar (if we want to use sweet fruit, there is no need to sweeten the dough at all)

A big pinch of salt

Lukewarm water – ca 330 ml (this dough should be thinner than ordinary bread dough so that it does not dry out so quickly)

To make it smoother, we can mix ca 50 g of dried vegetable drink (e.g. buckwheat) into the water.

Note: Dough made with leaven does not get burnt so much, compared to ordinary batter (made from flour, sugar etc.).

If we do not want to add boiled cereals, it is necessary to add at least 100 g of flour more. The cake dough does not need to be risen so much (compared to bread dough).

Streusel:

According to your taste, mix some grated coconut, cinnamon (ginger spices are very tasty too), flour (wheat or buckwheat, maize meal, barley flour), a little vegetable fat or oil, malt (or cane sugar, maple syrup, apple concentrate...). You may add ground nuts etc. If malt is used, it is necessary to dissolve it in hot fat first.

Preparation:

First we mix leaven with water, then add all other ingredients and mix everything a little. We set the function "fermentation" in the bread maker - for about 3 hours. Temperature should be at 30°C. The dough has risen enough when there are little bubbles inside visible. (In case temperature in your kitchen is above 22 °C, you can spread the dough onto a baking tray, water it a little and let it rise again).

Lay out the baking tray with baking paper and spread the dough onto it – the layer should be quite thin (this amount should be enough for two medium sized trays). If you do not want to use baking paper, spread a little vegetable fat or oil on its surface and dust it with flour (or grated coconut).

We put various fruits onto the dough. Depending on what you like, you can combine sweet and sour fruits (may be also preserved). I would recommend: sweet apples or pears + apricots, plums, blueberries, strawberries etc. In case the fruit is too juicy, squeeze it a little before you put it onto the cake. You may thicken it also with some starch (organic "maizena", arrowroot etc.).



If we want to make the fruit taste smoother, we add 2 spoonfuls of sesame paste tahini or ground roasted sunflower seeds.

This cake is very tasty even if there is no cottage cheese because leaven dough is slightly sour itself.

Time needed for baking depends on the dough layer (ideal height is ca 1 ½ cm). It is much better to have two lower cakes than one high.

If there is some dough left, we can fry tasty flat cakes on a pan.

We bake the cake in a hot oven for about 10 – 15 minutes first. Then we take it out, sprinkle it with streusel, lower the temperature in the oven and bake for another 15 minutes. The streusel will not get too dark this way. The cake is baked enough when there is a nice smell in your kitchen. Baking time will vary according to the type of oven, so it is necessary to try it.

Cous-cous cake (not-baked)

2 mugs of cous-cous (or 1 1/2 mug of cous-cous and 1/2 of mug of oat flakes)

4 mugs of cider (the ratio of cous-cous and water is different, if we add other dry ingredients). If I make a cake for more people, I use 400 g of cous-cous and 200 g of oat flakes (not fine ones).

In case I want to add raisins or other dried fruit, I boil them separately. If we added dry raisins into a dish where cous-cous is mixed with water, the raisins would soak the water prepared for the cous-cous. We add boiled raisins first when the cous-cous has soaked all the water.

We season it with a big pinch of salt.

We may add cinnamon or ginger spices, some grated coconut or roasted hazelnuts.

To vary the recipe, we may mix cider with a little cereal milk (e.g. dried rice milk, buckwheat milk etc.), the cous-cous will be much smoother then.

We brush the baking tray with a little fat and dust it with grated coconut. Then we spread the boiled cous-cous on it (we may also put it into a moist baking tray). Next, we decorate it with the agar glazing. We mix agar and liquid (in a ratio of 1g of agar : 10 ml of water). First we let agar soak in a small amount of water and then we mix it with cider and a pinch of salt and cook it. Then we boil fruit (apples, pears + strawberries or apricots etc.) until it is overcooked and it makes a mushy mixture. Then we add agar into the fruit mixture. I use a pinch of salt too to make it less sour. We add also some nut butter or "tahini", which also helps to reduce the sour taste. In this case, we know less agar is needed – it is not liquid (we mix it in a ratio of ½ g : 10 ml). Agar becomes thick just before it gets really cold! In summer it is nice to put fresh strawberries onto the cous-cous and pour clear agar glazing on them just before it gets cold. Strawberries will stay on the cous-cous and will not move to the glazing surface.

Note: When we boil cous-cous, we put it into a pot with boiling water, cook it for a while and then switch off the flame and leave it in hot water until it is ready.



Fine leaven cakes

(ca 40 pieces, 30 g each)



550 g of org. wholemeal smooth spelt flour
 200 g of matured leaven
 160 g of milk (vegetable milk is also possible)
 130 g of rice or wheat syrup
 150 g of organic vegetable fat or 120 g of butter
 4 g of salt
 Some organic lemon peel
 Egg (to spread on the cake surface)

Note: If we use cane sugar to sweeten the dough, we will need about 70 g of it and we need to use more milk too. If we have the possibility to grind the flour at home, we do not need to add any eggs into the dough. First we mix milk with syrup and then we add leaven into this liquid. Next, we add flour, salt, soft fat and lemon peel. We make smooth, not sticky dough and let it rise for about 2 hours at 27 °C. Then we knead the dough for a short while and let it rise for another hour or two. When the dough is prepared, we create small bowls and put them onto a baking tray laid out with organic baking paper. We take a small glass and press the bowls (in the middle) with it to make space for filling. We brush the cake edges with whipped egg. When the cakes are filled, we may put streusel on them or decorate them in another way. We leave them to rise on the baking tray a little and then we bake them for about 20 minutes at 170°C.

Cottage cheese filling

500 g of organic cottage cheese (we pour away the whey), 2 organic yolks, 2 egg whites (whipped egg whites will be added at

the very end), 1 vanilla sugar + ca 30 g of cane sugar, we may add raisins soaked in rum and lemon peel

Plum butter filling

Organic plum butter is very expensive. Therefore I make my own filling. I let preserved apricots drip off, stew them for a while and next I add dried fruits (raisins, apricots, plums... ground in a meat mincer). If needed, I use a little lemon juice and rum.

Streusel

120 g of flour
 60 g of fat
 1 vanilla sugar
 40 g of cane sugar

Leaven strudel

Leaven strudel can be made from the same dough like leaven cake. We just leave the boiled cereals out and use less water.

Depending on if we want a sweet or a salty strudel, we use water, or cereal milk into the dough. We make smooth dough that sticks neither to the hands, nor to the dish.

For a sweet strudel. use a mixture of sunflower and olive oil.

For a salty strudel. use olive oil and sesame oil only – depending on your taste. If you have sunflower oil for frying at home, you can add it into all kinds of dough. Not refined oil should not be used at temperatures above 110 °C, so it is more suitable for salads and other cold meals. I let the dough rise for about 1 ½ hour and then I roll it into a large plate, put filling inside, wrap it and let it rise again for a while before baking.



Sweet bread with leaven



1/ First we need to prepare ca 250 – 300 g of leaven. If we do not have enough of it, it is necessary to make it. We mix ca 50 g of leaven with ca 120 ml of lukewarm water and then we add ca 150 g of wheat flour. If our leaven is too sour (it may happen when we do not use it for more than one week), it is better to make fresh leaven just for this occasion. We let it rise in the bread maker (temperature at about 28°C) or we put it into a pot with warm water and cover it with a small plate. It will take approximately 3 hours. If you do not have enough time to make the sweet bread then, put the “fresh” leaven into the fridge and use it the following day.

2/ First we put 60 g of dried cereal milk or soya milk into 280 ml of lukewarm water (also liquid rice milk may be used instead of water). It should dissolve quickly. Next, we mix it with the prepared leaven. We add lemon aroma (grated lemon peel mixed up with cane sugar or dissolved malt). We take 140 – 170 g of wheat syrup and dissolve it in a small amount of water (organic syrup sweetens better than the ordinary one). We add two bigger pinches of salt, 60 ml of sunflower (or rape) oil. We get a thin mixture and we thicken it with ca

600 g of smooth wheat flour (it does not need to be spelt flour only). We add ca 40 g of raisins, 60 g of chopped apricots (not sulphured), 50 g of walnuts (or hazelnuts) and 50 g of coarsely grated peeled almonds. When I did not have any nuts at home, I used not salted roasted peanut and the sweet bread was good too. We knead the dough properly. It should be a little thinner than bread dough. If it is too thick, add some water, if it is too thin, add some flour. Then let it rise for about 2 – 2 ½ hours at ca 28 °C.

3/ Knead the risen dough again (for 5 minutes), then remove the blades, make the dough surface smooth, decorate it with chopped almonds and let it rise for 2 ½ - 3 hours again.

4/ Prior to baking, we put a cover onto the sweet bread. We bake it for 1¼ hours at ca 140 °C (conditions are similar to bread baking). When it is ready, we remove the vessel, cover it first with a kitchen cloth and then with a hermetic organic bag to prevent drying out.

Poppy cake

600 g of boiled cereals (most often millet, in a ratio of 1 unit of millet : 1 ½ unit of water)

200 g of raisins

150 - 200 g of ground poppy (a part of it may be replaced by ground nuts of coconut)

We may add a couple of spoonfuls of sunflower oil

Ground clove (or ginger spices)

Vanilla sugar (you may make it yourself at home – just mix vanilla with cane sugar)

I add lemon peel – organic only

We also may add “mirin” or KEY-rum (with natural vanilla)

If it is necessary to thicken the dough, we use buckwheat flour, wheat flour or wheat sprouts.

Fat to spread onto the baking plate

And of course, salt – but it is already contained in boiled cereals

First we grind the cereals in a meat mincer. Next, we scald the raisins and mix them with a little water in a blender. Then we add sprouts, ground poppy, spices and cane sugar and stir everything thoroughly. We spread fat into a bread form and dust it with flour, put the dough inside and bake. To check if the cake is baked enough, we do not use a wooden skewer any more, but a special roasting thermometer (with a metal needle).

Flake cake with corn grits

(may be used as a base for a cake)

250 g of wheat flakes

250 g of oat flakes

250 g of corn grits

200 g of raisins

Lemon peel

Spices (ginger spices are very tasty, a mixture of cardamom and aniseed too)

For better taste or thickening of the dough – grated coconut or ground nuts (mixture of ground roasted sesame seeds and ground not-salted roasted peanuts is good too, peanuts neutralize the bitter taste of roasted sesame)

Salt

Water

Sunflower oil (ca 50 g, if we use nuts, then a little less)

1 packet of wine stone powder

We put a mixture of flakes and corn grits into a pot with water and let it soak in a cold place (ideally over night, at least for 4 hours). Ratio of flakes to water – 1:1, ratio of corn grits to water – 1:1 ½. We let the raisins soak overnight too (in ca 200 g of water), or we boil them shortly.

On the following day, we mix the raisins in a blender (together with the liquid left) and put them into the pot with flakes and corn grits. We add salt, oil, ground nuts (nuts make dough smoother, so we do not need to use milk), spices and wine stone powder. The

dough should be of medium-thick consistency (similar to thick batter). We spread fat onto a baking tray and dust it with grated coconut. We pour the dough into the baking tray and bake for 25 minutes. It is possible to cut the cake in the middle and fill it with cream or marmalade. It can also be coloured by carob.

10 minutes before baking is finished, we may spread marmalade or agar (a mixture of agar + mashed apples + salt) onto the cake surface.



For inspiration – an organic cake made by one of our readers

Almond-carrot dessert

(baked)

300 g of grated almonds

300 g finely grated carrots

150 g of malt

150 g of smooth wholemeal wheat flour

600 g of boiled millet

A pinch of salt

We mix boiled millet in a blender, and put it into a dish together with almonds, grated fresh carrots and malt. We stir it a little and then we add flour (wheat, millet or rice flour) and a little water, if needed. We brush the surface of a marble cake with fat and dust it with flour. Then we pour the dough into it. We bake the cake for about 30 minutes at 180°C.



AMAZAKE – sugar free dessert

Dessert made from fermented rice, wheat and other cereals. It is very suitable for little children without any added sugar or sweetening agents. When complex-sugar molecules split, the food gets sweet in a natural way.

First, we let the wheat sprout (the jar with wheat must be stored in a dark place, the sprouts should be more than 1 cm long, we must rinse it at least twice a day). We may either grind the fresh wheat or let it dry and grind it later (it is also the way how to prepare culture for next time). If we do not want to spend time with making wheat sprouts, we can use original rice “KOJI”.

We rinse the rice, pour water on it and boil according to the basic recipe. The ratio of rice and water is 1:1 $\frac{1}{4}$ (it is necessary to measure precisely). When the rice is boiled enough, we let it cool down so that we can touch it (ca 50 °C). Next, we mix it with sprouted wheat. In case you use “KOJI”, the ratio is 1:5. We put the pot into a warm place – at least 40 °C (onto a radiator, into an oven, under a blanket). If you have a multifunctional bread maker (the new generation), it is convenient to use it. Just set the temperature and you can be sure that the necessary heat will be reached everywhere inside. We stir it from time to time and try how sweet it is. The whole process lasts about 6 hours. When the rice is sweet enough, we finish the fermentation process by heating the mixture at least up to 90°C. This temperature must be reached in the whole volume! We must stir it all the time, it gets burned easily!

We can use Amazake to make various desserts: we add agar, carob, roasted nuts, chicory coffee, seeds etc.



Prepare wheat sprouts.



Cook rice.



Mix chopped sprouts with rice.



After fermenting for several hours, cereals change into malt mash.



Fast sweets

(suitable for special occasions too)

Oat flakes scones

(quick preparation, may be a part of healthy school snacks for your children)



1 mug of flakes
 100 g of almonds
 100 g of raisins or other sweet dried fruit
 (apricots, plums)
 200 ml of vegetable cream (can be replaced by dried vegetable milk with a little melted fat)

We put flakes into a pot, pour vegetable cream on them and cook on a low flame for about 5 minutes, until the mixture gets thick. Then we add chopped, peeled almonds and dried fruit and stir well. We prepare a baking tray – spread a little fat on its surface and then dust it with flour. Then we use a tea spoon to make little buns, put them onto the prepared baking tray and bake them in a medium hot oven till golden brown. If you find the scones not sweet enough, you can put some malt into the vegetable cream next time.

Dried plums filled with almonds, coated in chocolate

Dried plums
 Peeled almonds
 Quality chocolate (organic, of course)
 Some coconut butter or palm oil

We stew the plums shortly and for adults, we can soak them in quality rum for a short time. We put an almond inside, pierce it with

a toothpick and coat it in a mixture of quality chocolate and dissolved palm oil / coconut butter. Then we leave it on a sheet of baking paper until the chocolate mass becomes tough.

Raisins hearts

(soft, tasty, can be stored for a longer period)

50 g of wholemeal wheat flour
 140 g of walnuts
 160 g of raisins
 100 ml of lemon juice
 1 egg white + 1 yolk
 Almonds for decorating

We mix nuts and raisins in a blender or grind in a meat mincer, add flour, lemon juice and an egg white. We knead the mixture properly to get smooth, not sticky dough. We let it rest until the following day. Then we roll it into a large, 5 mm thick plate and cut out little hearts. For easier rolling, we may use two plastic bags (the dough is between them). We brush the hearts with yolk and top with ½ of an almond. Then we put all hearts onto a baking tray and bake in a hot oven (at 170 – 180 °C) for about 10 minutes. Take it out of the oven and let the hearts cool down on the baking plate for a while, then move them onto a wooden or metal grid to get cold.

Sunflower lumps (classic biscuits)

100 g of wholemeal wheat flour
 50 g of Maizena (maize starch)
 60 g of rice syrup
 1x vanilla sugar (not necessary)
 100 g of vegetable fat
 100 g of sunflower seeds
 1x organic egg (not necessary)

We roast the seeds slightly and chop them. We mix soft vegetable fat with syrup, add maize starch, ground sunflower seeds and

finally the flour. If necessary, we add a little water. We take a bag for decorating cakes and put the dough inside. Then we brush a baking tray with a little fat and squeeze the bag (filled with dough) to create little lumps on the tray. We bake them at 160 °C till golden brown. If you like, you may decorate the finished lumps with quality chocolate icing. (We melt quality organic chocolate in a small amount of coconut butter or palm oil).



Little almond balls

*360 g of peeled almonds
2 spoonfuls of white rum
125 g of wheat malt
(Exceptionally, we can use honey.)
2 egg whites, a yolk (to brush the surface)
Pinch of salt
50 g of wholemeal wheat flour
Fat to brush the baking tray*

We grind 300 g of almonds fine and mix with malt and rum. We put the almond mixture into a cold place to mature a bit. Next, we whip the egg whites with a pinch of salt. Then we add flour and the almond mixture and mix it very gently. Then we brush a baking tray with a little fat, form small balls from the dough and put them onto the tray. We brush their surfaces with yolk and decorate with three almond halves. Then we bake them in a hot oven till golden brown.

Apples + other fruits with agar

(Quick dessert, e.g. for children, as a school snack)

*Apples, some strawberries
Grated lemon peel (from organic lemons)
Clove
Agar (1 g into 10 ml of liquid, if we mix it with fruit "mash", then ½ g is enough)
Tahini (sesame paste) or nut butter
If needed, a little cereal malt
Water*

First we mix agar with ca 20 ml of water and wait until it dissolves. If we do not have agar powder, it will take several hours. We peel apples and stew them with a little water, spices and a pinch of salt for a while. Then we mix them in a blender. We cook agar with a pinch of salt until it dissolves completely. Next we add apple "mash" and let the mixture cook for a while. To make it smoother, we may add some "tahini" or fine nut butter (or common organic butter). If needed, we sweeten it with malt. We slice fresh strawberries, put them into small dishes, pour hot agar onto them and let everything cool down. (In winter we may mix also some frozen strawberries with apples – we will have a tasty fruit snack for children.)

Puffed rice muesli



Ca 20 ml of barley malt

10 ml of organic sunflower oil (for frying – does not have any typical smell)

2 – 3 packets of puffed rice (140 – 210 g)

Seeds, nuts, coconut, raisins... depending on your taste (you make their flavour more intense if you roast them shortly)

We pour malt onto a pan and cook for a while (we must not cook it for too long, it gets burned easily). Then we pour it into a dish and mix with puffed rice and nuts quickly.

We brush the surface of a roasting pan with a little oil and put the finished mixture into it, the layer should be ca 4 cm high. We press it properly (e.g. using a wooden chopping board) and let it get tough. Then we cut out various shapes.

Sesame sweets

Roasted sesame (slightly and without oil), malt (rice malt imported from Japan is the best, or another kind thicker malt - e.g. barley malt, you may know it as "Sladovit")



We take one half of the sesame seeds and grind them fine. The other half will be used as whole seeds. We mix everything with malt and make dough that will not stick to the fingers. In case our malt is thinner, we may cook it with a spoonful of oil (the surplus water evaporates).

Baked muesli

400 g of oat flakes

100 g of "ghi" (clarified butter) or organic sunflower oil for frying

80 g of sunflower seeds

50 g of sesame seeds

20 g of pumpkin seeds

150 – 200 g of barley malt (or other malt)

50 g of raisins or other dried fruit

100 g of various kinds of chopped nuts, coconut etc. (may be more)

Note: Various kinds of malt have different sweetening ability. The amount of malt depends on what kind of it we use. If our malt is sweet enough, we do not need to add any raisins.

We heat fat on a pan and let the malt melt in it. Then we put all other ingredients into a large dish and add the mixture of malt and fat (except for the dried fruit – they will be added first when the mixture is baked). We mix everything properly and then we spread the mixture onto a baking tray (this amount is for 2 trays) and bake in the oven at 160 °C until the flakes are golden brown. It is necessary to stir the mixture while baking quite often because it is likely to get burned. When the mixture is finished, we add dried fruits. We recommend storing in a glass jar.

Sweeten in a natural way

Cereal malt: It is the most natural sweetening agent as it is made from cereals (for humans the closest food, from evolution point of view), and its own enzymes are used only

Sometimes: cereal syrup, fresh or dried fruit (not extreme kinds of tropical fruit), maple syrup, cane sugar, brown sugar, red berries...

Honey: treat it like a medicine! It is food for bees, not for people. According to S. Kneipp, it is only possible to recommend the volume that gets onto a tip of a knife.

Dried Delicacy

Cheese Crackers



Time: 4-6 hours | Servings: 5-10

- 1 cup Sunflower Seeds*
- 1 cup Brazil Nuts*
- 1 cup Almonds*
- 1 Tomato*
- 1 cup Diced Red Peppers*
- 1/4 cup Ground Flax Seed*
- 1 pinch Cumin*
- 2 teaspoons Salt*

Try this delicious recipe for a healthy snack. Kids love it!

1. Soak sunflower seeds, brazil nuts, and almonds for 4 hours
2. Add all ingredients to a blender and process until as smooth as desired.
3. Spread out on Excalibur Paraflexx sheet and dehydrate for about 18 hours.
4. After approximately 6-10 hours, cut crackers to size you want.

Peaches and Pears



Time: 1 hour | Servings: 1-4

- 1 cup Peaches, peeled*
- 1/2 cup Pears, peeled*

Satisfy your sweet tooth with this appetizing recipe.

1. Blend together, sweeten if you want.
2. Pour on Paraflexx sheet.
3. Dehydrate at 135F until leathery.

Blueberry Honey Pound Cake



Time: 75 minutes | Servings: 12

- 1/2 cup dried berries*
- 2/3 cup butter*
- 1/3 cup sugar*
- 3 eggs*
- 1/3 cup honey*
- 1 tbsp vanilla extract*
- 1 1/3 cups all-purpose flour*
- 1/2 tsp baking powder*

Use dried blueberries, strawberries (slices), raspberries, or a combination of all berries. Serve this with whipped cream, ice cream or alone.

1. Add dried berries to steam basket, over a saucepan of simmering water for 5 to 10 minutes. Until soft and plump. Transfer to a plate. Let cool.
2. Preheat oven to 350 °F.
3. In large bowl beat butter and sugar. Beat in eggs. Blend. Beat in honey and vanilla. Stir in half the flour and baking powder. Then stir in remaining flour until blended.
4. Gently add the berries to the mixture until evenly distributed.
5. Spread the batter into a bread pan (8- by 4-inch). Bake for 60 minutes or until toothpick inserted into middle comes out clean.
6. Let cake cool in the pan on a wire rack for 40 minutes. Remove cake from pan. Let cool completely.

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Drinks

Tea

The most recommended kinds of tea are: tea without added aroma, without theine (or with low content of theine). In summer we use raspberry or strawberry leaves. We may prepare various herb mixtures during the whole year. These kinds of tea are called "whole year tea". Or we drink special tea – prepared for a special purpose (e.g. purifying tea, healing tea etc.)

Sweet vegetable drink

We chop fine the following ingredients: ¼ mug of onion, ¼ mug of carrot, ¼ mug of cabbage, ¼ mug of sweet winter pumpkin (if you do not have it, leave it out). We put everything into a cooking pot, mix with 4 mugs of boiling water and cook for about 2 – 3 minutes, then lower the flame and cook for another 20 minutes. We strain it and drink either hot or lukewarm. Boiled vegetables may be used while next cooking.

Note: We do not use any spices. The drink may be stored in a refrigerator. It may be warmed up before consumption!

This drink is very suitable when fasting. We get necessary nutrients and it does not burden our body and digestion. It is suitable for people suffering from pancreas diseases or hypoglycaemia. A lot of people suffer from hypoglycaemia these days because our food is either too alkaline or too acidic (both are extremes). Unfortunately, healthy food "from the middle" (like cereals, vegetable, pulses) is not very popular. But in fact, it is the best food ever (moreover easily available).

Cereal milk

Breast milk is ideal food for mammals (and of course, for humans too). But for new born babies and suckling only! Breast-feeding period should last at least one year.

However, a lot of mothers do not have enough breast milk. The thing is that they do not lead a healthy life style. Our "civilised" way of life influences us in a very negative way. When babies whose mothers have lost their breast milk are at least 2 months old, breast milk may be substituted by cereal milk with one added goat milk meal a day. If mothers have little breast milk, it is possible to combine breastfeeding and cereal milk. For babies under 6 months of age we prepare gluten-free cereal milk – e.g. from rice, millet, maize... We keep the same rule for children allergic to gluten.

Basic recipe:

600 g of rice
 200 g of millet (oat or groats)
 150 g of chickpeas, lentils azuki-beans
 50 g of oil seeds: sesame, flax, sunflower, pumpkin, almond...
 A piece of seaweed "Kombu" or "Wakame"
 Adequate volume of barley or oat malt

We put cereals and pulses into a big dish, add enough water (in a ratio 1:5) and let it soak overnight. We make layers in the dish – "energy" ingredient should be on the bottom: cereals – pulses – seeds – vegetables – green food. Then we put everything (including the liquid) into a pressure cooker and cook in on a low flame for about 2 hours. When the mixture is ready, we put it into prepared hot glass jars and preserve. Before consumption, we may warm it up, add 1 – 2 tea spoons of malt and mix in a blender. For children who are at least 1 year old we may add some carob.

Petra Reissova's note: When my children were toddlers, I used less water than recommended in this recipe and I got a thick mash. I would add it then into vegetable soups.



Home-made yoghurt



If you have the possibility to buy organic milk or goat milk (it is even better), you can make your own home-made yoghurt (not "improved" by additional chemicals).

Heat up milk – its temperature should reach at least 75 °C (boiling is better). Then let it cool down to 50 °C. Take a little milk and mix yoghurt containing living yoghurt cultures with it (2l of milk and 50 ml of yoghurt). Usually it is possible to buy "living" yoghurt made from cow milk only. However, regarding the small amount needed, we can make a compromise in this case.

Pour the mixture into the left milk and put it into the bread maker heated up to 40 – 45 °C. Yoghurt production takes about 4 – 8 hours (the more living yoghurt culture you use, the sooner it is ready). Then it has to be cooled down to a temperature below 10 °C, to stop the fermentation process. You can store it for up to 5 days in the fridge.

It should be noted that goat milk yoghurt is always thinner than yoghurt made from cow milk. The reason is that it contains fewer proteins. On the other hand, it is easier to digest. It is good to know that yoghurt should not become a main meal. It is suitable for decorating other meals and to make out diet more varied. We recommend combining it with vegetable salads and seeds, rather than with malt and fruit.

A couple of remarks about milk

Milk is the first "food" we eat when we are born. However, breast milk is different from cow milk. Human evolution did not count with the fact that we will consume it the whole life, that we will dry it, pasteurise, condense – produce cream, butter, cheese, and "improve" it in many different ways. During pasteurisation, the most important substances are damaged and minerals (calcium, phosphorus...) become unusable. Milk can also cause serious allergic reactions – rhinitis, sore throat, bronchitis, ear infection and skin eczema. Consumption of milk products creates good conditions for microbes causing asthma, rheumatoid arthritis etc. This is just a very short list of possible problems. If we want to be really healthy, we should avoid milk products.



Our experience from travelling: milk quality varies a lot. Free breeding is possible in winter too.



“Tempeh” cheese – a gift of the Millennium!



“Tempeh” cheese made from sunflower, peas and peanuts – before and after fermentation.

“Tempeh” comes from Indonesia, where it is a natural part of ordinary meals. It is highly appreciated for its lovely taste, universal usage and high content of proteins.

It is possible to buy it fresh, smoked or preserved. You can make goulash with it or slice it and roast till golden brown. Its taste reminds of veal steak, fish fillet or mushroom steak. Its fresh aroma is similar to nuts or cheese.

Tempeh may be an important source of proteins for vegetarians. There are hundreds of recipes that are in accordance with traditional ways of cooking in “western” countries. Fresh soya tempeh contains ca 20% of proteins, which can be compared to animal products. Moreover, tempeh is a rich source of vitamin B₁₂. Tempeh is easily digestible for human body (better than boiled soya) because during the fermentation process, noble rot produces enzymes that split complex proteins, carbohydrates and oils. Thanks to the fermentation process, its taste and nutritious value better than with boiled soya.

Although soya tempeh is the most used kind of tempeh, it is not the only one.

There are more than 30 types of tempeh cheese. They can be divided into several groups:

- 1) *Tempeh made from pulses (most often from soya)*
- 2) *Tempeh made from cereals and soya: e.g. wheat and soya or rice and soya*
- 3) *Pure cereal tempeh made from rice, barley, millet, wheat, oats or rye*
- 4) *Tempeh made from different kinds of seeds – e.g. sunflower seeds or gum tree seeds*
- 5) *Tempeh made from squeezed fruits (it is actually made from waste that originates during oil production): “okara”, peanut waste. Be careful about „Bongkrek“, made from coconut waste, which could be poisonous! (The same applies to other kinds of fruit.)*

Here, we can observe different behaviour of various micro-cultures when they are in contact with “extreme” food of “jin” type (hyperacid). The same applies for our illnesses. One person can suffer from a serious illness and the other not, although they both have the same genetic predispositions! Hyperacid food may support “extreme” illnesses, viruses etc.



Tempeh slices (made from one bean-layer) may be roasted like steaks.



Tempeh was first made hundreds of years ago in central and eastern areas of the island of Java. Today, it is one of the most popular soya products in Indonesia. Approximately $\frac{3}{4}$ of the whole soya production are used to make tempeh. Tempeh production has a long tradition and we could find there more than fifty thousand producers. In the 1980s the annual tempeh production was ca $\frac{1}{4}$ million tons! Today, the situation is different because western industry influences tempeh production in a very negative way. Nevertheless, tempeh is still very important for Indonesian cuisine, which is based on rice. It is also very popular in Malaysia, Singapore and other countries with Indonesian immigrants.

It is interesting that such a successful product has not become popular in western countries yet. For us, personally, it is the best cheese ever. We can make it easily at home, whenever we want, try different types and combinations. We can enjoy the feeling of being independent of industrial food production! And we are happy to have the possibility to share this traditional mastery with other people in our courses. There are several tempeh producers in the Czech Republic too. They produce soya tempeh only and unfortunately they are too "careful" about the production process to share it with the public! In the end, people interested in traditional ways of production find out that mass production does not concentrate on quality, packaging material or variety of products. It limits itself to soya (which is disputable from a medical point of view). Soya is more suitable for hot climate – e.g. Indonesia. Moreover, they often use plastic packaging material...

In this context, we should mention a famous macrobiotics teacher, Bob Carr. He was strictly against the habit to keep the information concerning health food confidential from the public. It was based on his own experience. When he decided to

build a manufacturing plant for tofu cheese, he travelled to Japan to learn how to make it properly, according to traditional recipes. He faced unwillingness to help and secrets only. In the end, he started experimenting himself and learned a lot. Thanks to his new experience, his results were even better – he reached better quality, sales numbers and popularity than traditional Japanese tofu producers with their secret recipes!

Tempeh is highly appreciated not only for its nutritious value (it is typical of other kinds of food too), but also for its numerous varieties, and above all, for its safety. If we think about various nations' health, we can see links between their everyday food and their mental and physical diseases, or their boom and decay. And that is the point: not to risk about food. We do not know the effects of industrially produced food on our body and health yet. These products have not been used for a period long enough to say that they are safe. Though, we eat it.

It is much safer to "discover" safe, traditional products of the whole world that have been "tested" on generations of our ancestors. Tempeh belongs to this kind of food – it is healthy, tasty and safe. Its qualities have been tested for thousands of years!

In connection with tempeh, let us have a look at following topics:

- Correcting mistakes in some traditional recipes
- Fast preparation thanks to modern equipment
- Large variety of tempeh cheese with high nutritious value – made from one culture
- Degustation – not only soya tempeh but also tempeh made from peas, beans, lentils, rice, nuts...
- Low cost and high quality production (The price of finished tempeh is nearly the same as the price of ingredients!)



Tempeh cheese – a gift of the Millennium!

- Possibility to purchase equipment for fast preparation of tempeh during our workshops
- Being independent of big tempeh cheese producers (mostly producing soya tempeh only). Quality of soya and its impact on our health is at least debatable. Moreover, they often do not use organic soya and tempeh is packed into soft plastic packages. This makes soya “risky” or even dangerous food. Soya contains a lot of fat that binds harmful chemicals!
- Making new friends who you can exchange your experience with. You will enjoy learning and practising traditional ways of preparing healthy food!

For everyday cooking, it is convenient to learn production methods of the following traditional cultures:

1. **Traditional leaven**, leaven bread, bakery products, cakes, sweet bread etc. Many secrets concerning leaven products have been revealed during our research that took 10 years. You can share them with us.
2. **Making sweets without sugar, using „amazake“** (fortunately, work with this culture is safe and simple, so special courses are not needed)
3. **Bigger variety of tempeh cheese products** (we have studied this culture for several years. As it is a kind of mould, although noble rot, it is necessary to be careful about it)
4. **Natto cheese**. Thanks to new multifunctional home bakeries it is possible to make them at home too. They start being

very popular and are recommended for blood purifying and after using antibiotics because it “supplies” our intestines with the right micro flora. It can also treat our skin and other organs. On the contrary, it is not recommended when you suffer from Candidose or mycotic infections.

– It would be really interesting to produce our own “miso” or soya sauce. Their production is more complicated. However, first attempts in the Czech Republic have already been made.



If you attend our courses, you can see the tempeh production and try six kinds of tempeh cheese: rice, lentil, rye, soya, buckwheat and a combination of pulses and cereals.



TEMPEH – BASIC RECIPE

Tradition

Tempeh belongs to favourite kinds of food in Indonesia, where it is usually sold on local markets, wrapped in banana leaves. It looks like a small, white packet, or it may be sliced like cheese (shape of a rectangle). It is mostly made from soya beans and the only thing tempeh and cheese have in common is a part of production process – cultivation by noble mould. Some of you may know the story about Camembert-type cheese – it was discovered by pure accident, when a loaf of cheese was covered by mould, a servant tasted it and found out it was delicious. The same is also true for tempeh. The type of mould that takes part in transforming soy beans into a delicacy can be found in nature on banana or hibiscus leaves. It may happen that the mould moves onto tempeh itself. However it is easier to buy so called “noble mould culture” for tempeh. It is white powder that contains living (but sleeping) mould culture of *Rhizopus oligosporus*.

Preparation

We will need ¼ kg of organic soy beans and a little vinegar. In the evening we put soy beans into a dish full of water and let them soak overnight. In the morning, we strain the water, put the soy beans into a cooking pot, pour fresh water on them and boil a little. In about 20 minutes we strain the water again, let the beans cool down a little and peel them by squeezing them in our hands. With a little skill you will have it done in 5 minutes. It is convenient to use a shallow, wide pot. The peels do not tend to come to the surface but they are lighter than the beans and so they stay above them. We strain the water with peels very slowly to get rid of the peels and to keep the beans in the pot.

When there is little water, add some fresh and repeat slow straining (four or five times) until there are just peeled soya beans left. If you want to save water, you may use a sieve, throw the peels away and use the water again. Then we put peeled soy beans into a pot with fresh water mixed with a spoonful of apple- or rice vinegar and boil for at least 1 ½ hours. The beans must be soft, but not overcooked. First we put them into a sieve to let them drip off and then move them onto a kitchen cloth to let them dry.

Vaccination

(Ratio of tempeh culture to soya beans differs depending on producers so you should see the instructions on the package.)

We put soy beans into a pot, dust them with the tempeh culture and stir thoroughly. Vaccinated mixture should be put into perforated forms, in a layer of max. 2-3 cm. It is often recommended to put them into plastic bags and perforate them by a fork to ensure a little air and to protect the mixture from drying out. However, this is a big mistake! Using soft plastic bags is very dangerous because soya contains a lot of fat which is an active organic dissolving agent and then the tempeh gets contaminated! Instead of plastic bags, we should use jars made from natural materials (stainless steel, glass-ceramic etc.)

Maturation

We put everything into a warm place. Considering the culture origin, it is necessary to keep the temperature at 30 – 32 °C. Long term storing at temperatures above 35°C may cause that we “wake up” other bacteria that cause a very unpleasant smell. If you keep the right temperature, tempeh is ready in about 20 – 30 hours. Its surface should be white (resembling snow) and tough (when you take it out of the form, it does not fall into



pieces). If there are black spots visible (spores), do not worry, it is not a serious problem but you should try to improve the production process next time (humidity, temperature, time...) Unpleasant smell, however, is a sign of failure, as well as suspicious slimy surface. Then it is better to throw it away and try again.

Storing

When you take tempeh out of the warm space (ideally from your multifunctional bread maker where the temperature is constant all the time), it is necessary to cool it down immediately (in a fridge or a cellar) to stop the activity of tempeh culture. If you do not have a suitable space for fast cooling necessary to stop biochemical exothermic reaction, put tempeh into a freezer first and then (when its temperature is lower than 10 °C) move it to a cool place. Storing in a freezer is possible too. However, it is a compromise.

Consumption

Let's suppose we have been successful and we have a cube of home-made tempeh in our hands now. Why to eat such a strange looking, "mouldy" thing? Considering a very high content of proteins and quite firm consistence, tempeh is quite popular also with people who cannot imagine their lunch without a piece of meat. For some of them tempeh may substitute meat, it is much healthier and has a better taste than industrially produced soya meat, various granulates etc. Vegetarians with physically hard work often complain about being hungry. It would not happen with tempeh. However, the most important thing is that if you cook it in the right way, it has an excellent taste.

Attention

The truth is that some people eat raw tempeh too. We do not recommend it at all! The mould would grow even in our digestive system. In case we ate fruit or even the above mentioned coconut product, it would have catastrophic consequences! We must be careful about its heat treating too. If you use thicker tempeh slices, you may never be sure if the middle parts of them are done well. Insufficient heat treating may cause very unpleasant health problems! Therefore it is better to use a roasting thermometer to check if the temperature (even in the middle of the biggest pieces) has reached at least 90 °C!



TRADITIONAL RECIPES in western style

We can cook tempeh in many different ways: stew, boil, fry, deep-fry or roast. It is very good to cut tempeh into cubes and to fry them in quality oil. If you like low-fat diet, you may use a special pan and roast them with a little oil only or without it. Other ways to cook tempeh are: to stew it with vegetables or curry, to add it to rice while boiling, to chop it and cook in soups, to make goulash etc.

Our favourite ways of tempeh cooking

Tempeh has similar qualities to mushrooms – it soaks a lot of water. So if you want to fry tempeh, it is good to put it into salty water first, then dry it and fry afterwards. It will not soak so much oil.



Tempeh in the picture: red rice and soya

Petra Reissová's recipes:

In our family, the most frequent way of cooking tempeh is roasting. I slice it (into stripes 1cm thick), put a little oil onto a pan and roast the tempeh slices in a covered pan. I think it is the quickest way of preparation. I roast it on one side first. Then I turn it over and roast the other side for a shorter time. Then I pour water mixed with SHOYU into the hot pan (the amount of

SHOYU depends on how salty meal you want to have). You can also add some apple- or rice vinegar, lemon juice etc. into the water. Then I cover the pan again and let tempeh soak all the liquid. It is not crunchy then but you can really enjoy its natural taste.



Tempeh roasted on a pan

NEXT INSPIRATION:

Tempeh in Japanese way

*Tempeh - amount depends on your taste
Quality oil for frying
Ginger root
Original soya sauce (without additives)
Organic rice (natural type)
Side dish – any kind of green food*

We boil rice. We cut tempeh into cubes (size of a morsel). We heat up oil in a pan and fry the tempeh cubes until golden brown. We move fried tempeh cubes onto a napkin or a grid to let the oil drip off. We grate a piece of ginger root and squeeze the juice (in our hands or using a white cloth). Then we mix it with bigger amount of soya sauce and if needed, with a little water. We stew the green food or roast it shortly and season it with salt. We dip the fried tempeh cubes in the sauce and serve them with boiled rice and green food in a small bowl.

Traditional fried tempeh

Cut tempeh into cubes and put them into a spicy marinade for about ½ hours. Then take the cubes out, let them drip off and fry them till golden brown. Turn them regularly (to fry them from all sides). In the end let the oil drip off.

Spicy, fried tempeh chips for 2 – 3 persons (suitable for soya tempeh)

½ mug of water

½ tea spoon of ground coriander

1 mashed clove of garlic

170 g of tempeh cut into thin slices (the thinner are the slices, the crunchier chips you make)

Oil needed for frying or deep-frying

1 tea spoon of salt

Note: *Coriander and garlic may be replaced by ¼ teaspoon of curry. And you can use lemon juice instead of water while preparing the marinade.*

If you manage to make this tempeh meal, you do not need to learn anything more about tempeh cooking.

We stir salt into water in a dish, put tempeh slices inside and let them soak. We remove them and we let them drip off on a cloth or blotter. We wipe the surface gently to prevent oil from squirting. Then we fry them in a pan, wok pan or a deep-fat frier at 190°C for 3 – 4 minutes until the chips are golden brown and crunchy. Then we let it drop off shortly on a kitchen cloth and serve immediately. If there are some tempeh chips left, you may use it with other tempeh meals. It is good as a side dish with brown rice, as a starter or a kind of “fast food” with various sauces or dips.



Tempeh in the picture is made from white beans

TEMPEH VARIETIES:

Tempeh croutons

We cut tempeh into cubes (ca 1 cm big) and fry them (or deep-fry) as described above. Hot croutons are excellent with soups, sauces, soufflés, pasta or rice. Cold croutons can be put into fresh vegetable salads. We may store them in a well closed preserving jar in the fridge for several days.

Tempeh bacon

Roasted thin tempeh slices resemble roasted bacon (both taste and look). They are good with salads, soups etc.

Tempeh chips in batter

Fry tempeh in batter made from wholemeal flour with garlic and coriander.

Tempeh and vegetable with tahini + ginger

250 g of tempeh cut into cubes (fried or stewed for 20 minutes)

2 spoonfuls of sesame or olive oil

2 mugs of various fresh vegetables

¾ mug of broth or water

2 spoonfuls of tahini (sesame paste)

1 spoonful of fresh grated ginger

2 spoonfuls of miso

First we fry vegetables (must be warm but still crunchy) and put them into a dish. Then we put broth, tahini and ginger into the pan

and cook for a couple of minutes. In the end, we add miso, tempeh (cut into cubes) and fried vegetables. We warm everything up and serve with cereals.

Tempeh spread (resembling tuna - 1¼ mug)

*170 g of tempeh cut into cubes
1 spoonfuls of water
¼ mug of mayonnaise (for vegetarians)
1 spoonful of chopped onion
¼ teaspoon of salt
2 spoonfuls of chopped parsley*

We stew tempeh for about 20 minutes. Then we put it into a dish, add water and mash properly until tempeh is hot. Then we let it cool down to room temperature, add the other ingredients and stir thoroughly. It is great with salty crackers or sandwiches.

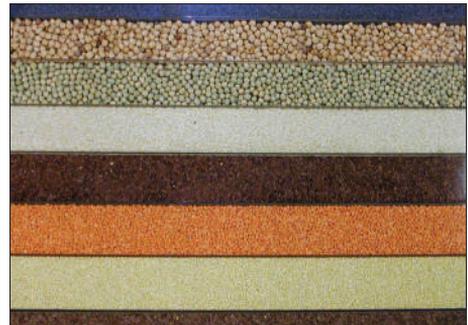


Little tempeh ball varieties – meal or coffee: chickpeas (other pulses are also possible)

Fried noodles with tempeh made in the Japanese style (for 4 people)

*2 spoonfuls of oil
1/3 mug of carrot cut into stripes
1¼ mug of chopped cabbage
1/3 mug of chopped red pepper
½ of chopped spring onion
125 g of noodles (buckwheat) boiled for 7 minutes
170 g of tempeh cut like in the recipe for spicy tempeh (see above)
1 - 1½ spoonful of shoyu
Pinch of salt*

We heat up a pan (wok pan), brush it with oil, put carrot into it and roast for 1 minute. Then we add cabbage and red pepper and roast for another minute. In the end, we add spring onion and roast it very shortly (1/2 minute). Then we put boiled noodles into the mixture and fry it for a minute again. The last thing to add is fried tempeh. We stir everything well and warm up the mixture for ½ minute. We season it with salt and serve immediately, until tempeh is crunchy.



Pulses used as decoration



SOYA CHEESE NATTO



Natto is an ancient Japanese product made with fermented soy beans and bacterial culture „*Bacillus subtilis natto*“. It is a significant source of proteins, calcium, iron, vitamins B6, B2 and enzymes. It supports digestion process, purifies our blood and makes our skin look smoother and younger. Natto has a distinctive smell (somewhat akin to a pungent cheese). Stirring the natto produces lots of long, sticky strings.

Results of our research show that people who are used to eat a lot of milk products do not like natto so much. On the other hand, it is commonly used by vegetarians and people with macrobiotic diet.

During the fermentation process, bacteria break up soy protein and natto is much better digestible than raw soy beans. It also contains vitamin K2 (it is very rare) and enzymes which also may reduce the likelihood of blood clotting. It may also affect our digestion – similarly to probiotic cultures.

HOW TO MAKE NATTO

To make our own natto, we wash organic soy beans and soak them in water for 4 – 6 hours. We strain the water. Next, we put soy beans into a pressure cooker and pour enough water on them. Next, we start

cooking them but we do not cover the pot yet. It is necessary to remove foam, impurities and soy peels from the water surface. We keep doing that until there is no foam at all. Then we lower the flame, put a cover onto the pressure cooker and let it boil for 30-50 minutes (without salt) until the soy beans are soft enough to mash them using your fingers only. Low heat is necessary to prevent the beans from creating too much foam which may clog the valves. When you finish cooking, let the pressure cooker cool down (without opening) for about 10 minutes. Then strain the water and remove the soy beans, dry them and cool them down to ca 40 °C – they must be warm (not too hot). Dust the beans with the starter and stir thoroughly.

Next, put the soy beans into a larger dish (made from stainless steel or glass) and take care not have a layer higher than 5 cm. Next, close the dish using an airtight cover to keep the soy beans in moist environment. Put it into a warm place or the bread maker (with temperature set at 40 °C) and leave it there without opening the cover for 10 – 30 hours.

*Bacterial culture natto must be living, not heat treated. Historically, natto was made by storing the steamed soy beans in rice straw, which naturally contains *Bacteria subtilis natto*. The soybeans were packed in straw and left to ferment in a warm place.*





When we remove natto from the bread maker, we divide the fermented beans into smaller preserving jars and put them into the fridge or a freezer for a short time. Natto must be cooled to stop the fermentation process. If it continued, natto would become inedible.

Natto is aged enough when there is its distinctive smell and you can see typical sticky strings after opening the jar.

NATTO RECIPES

In Japan, natto is usually served with soya sauce or mixed into a bowl of rice. Frequently, it is used with wheat or buckwheat noodles and hot soups. It is also suitable for fresh vegetable salads.

NATTO SPREAD

Natto
Onion
Leak
Oil
Shoyu (soya sauce)
Quality mustard



First, we roast onion in a little oil, add chopped leak, cover the pan and stew until the vegetables are soft. We season the mixture with soya sauce and mustard. Next, we mix natto into the warm spread (its

temperature should not be above 40°C to keep its nutritious value and probiotic effect).



According to health food expert Michio Kushi, in western industrial countries, the number of disabled people will be higher than the number of people who will be able to look after them!

Examples of daily cooking

Breakfast:

Miso soup is really suitable for breakfast (balm for stomach). If we add a piece of sourdough bread or pre-cooked grains or pulses, it will certainly fill us enough. Another alternative for breakfast is having strong cereals and more root vegetables (briefly cooked or raw).

Breakfast should be firm to obtain sufficient energy for a day's work. It is better to eat softer kind of food in the evening when our body should relax and regenerate.

Beware of myths! Morning cereal porridge, soft flakes or overcooked vegetables won't bring enthusiasm to anybody! Porridge moistens our solid organs (joints, muscles, teeth and brain) and softens them so that every movement and thinking causes nuisance! We can't even expect much from fruit which is rather a dessert in form of diluting sweet water.

The opposite is the myth of dry muesli breakfast (English breakfast). The overdried foods won't bring us health and energy either. Tough foods cause contractions and everything in our body becomes deformed, fragile and chapped. Thanks to these simple rules you can find out how easy an individual, a family or entire nations can degrade. Energetic diets are „elastic“ (not mushy or dry) food, mainly cereals and vegetables. Therefore you should prefer the correct cooking with poorer choice of cereals and vegetables to energy and nutrient chaotic multigrain pastries that are moreover blown and overdried with modern furnaces.

Lunch:

Most often it consists of heated grain (various combinations, e.g. from breakfast) + fried vegetables with a little bit of oil, a spoon of

pickles (fermented vegetables) + somehow modified pulses (either cooked or purchased – tempeh, tofu, etc.) Especially for healthy people, it is appropriate to include a quality fish 2 times a week (bass, flounder, cod, trout...)

Dinner:

An example of a suitable meal is soup + grains, beans, sourdough bread etc. If we didn't have soup for breakfast, it'll be a good choice for our dinner. If we don't have soup, the dinner will be similar to the lunch but we will change the way of preparation. E.g. fried grains, baked vegetables (e.g. a pumpkin) etc. If you don't like seaweeds, put them into soups, pulses... Overall, make everything softer (heat meals more in steam, include more relaxing leafy vegetables, use less salt, etc.) Our organism will be better prepared for a restful sleep.



The picture comes from the youth meeting in England. We can see boxes with a variety of grain products in extremely dry state. Dried, extruded or molded foods are a major source of hardening, brittleness and dryness of all tissues. It is also worth noting, very slim and contracted builds including unnaturally narrow children's heads.

„English breakfast“ is one of many examples of ill-considered promotion literally dangerous habits on a large scale.



A few good tips

Choosing quality (organic) materials is half a guarantee of success. We are inspired by nature and often use those fruits and vegetables that ripen in our neighborhood. A season can customize a selection of cereals, oils, preparation methods (in winter we cook larger pieces, we fry and thicken more), in summer – light treatment (salads, short cooking, smaller pieces, less thickening, etc.) Therefore in winter we eat more warming meals and grain ratio is generally greater than the ratio of vegetables. In summer it's the opposite, we indulge in raw vegetables, rich in enzymes.

If it's particularly about prevention (i.e. we're not dealing with the disease directly), we eat more varied food (we change the kinds of cereals, pulses, vegetables, fats and especially the methods of preparation, etc.) All around us and ourselves are changing. It's good to know that at first one tends to taste the foods he was used to eat. But with the gradually changing diet, the taste becomes more sensitive and responsive to the natural, unseasoned and unimproved, truly healthy food. The finest energy we get from simple meals, i.e. those that are not spoiled with unnecessary culinary technologies. Especially with vegetables it is good to be careful about its overcooking. All the more in case we need to eat the most relaxing vegetables for the therapeutic reason. Raw vegetable is often burdensome for the weakened digestive tract, so the solution is to simmer the vegetables briefly. That's the way how to keep the most valuable vitamins. The ideal situation on a plate – a little fermented vegetables, cooked briefly or longer, and especially in summer, don't forget about raw vegetables (rich in enzymes). The ratio between the different modifications of vegetables varies according

to the season. In summer we have enough energy even to digest raw vegetables, so we don't need to worry about it. In winter we need more warming, so the vegetables should be at least briefly heated.

Our body is amazingly adaptable. What we didn't like, we will make pleasure after some time. The body gradually produces digestive enzymes on what it consumes. After a few years we even rid of the problem with digestion of pulses. But everything needs time and patience. Meanwhile, it is possible to help yourself with the right way of cooking (e.g. pulses are mostly soaked, cooked with Kombu seaweed, we add herbs, vegetables etc.)

We can often hear that there aren't all the needed essential amino acids in the vegetable kingdom. However, if we eat wholegrain cereals combined with pulses, there are no amino acids missing! We also have to think of phased eliminating the extreme components of the daily diet. It is mainly about light sugars (including fruit!), excessive use of spices, fats, coffee, potatoes, beverages, etc. (see the table of values at the end of the cookery book). These and similar extreme products destroy our digestion process and all at once they increase the demand on essential nutrients.





Cooking grains:

Alkaline cereal is ideal to consume with slightly sour vegetables. Therefore we can add a bit of "salty" seaweed Kombu to it during boiling (the size of a postage stamp is sufficient). All kinds of cereals can be soaked before cooking. They will have higher nutritional value and they will cook equally. We cook cereals in the water where they were soaked in. As soon as we bring the crops to boil, we grab the foam (not necessary with organic crops), add a bit of salt, eventually a spoon of quality oil, seeds, nuts (sunflower, almonds), etc. The use of oil and seeds depends on our state of health. The easiest way of cooking cereals and pulses is a technique for „pot in pot“, where we have no burns, or we can use the gas stove diffuser mesh.

We can put buckwheat, white rice, millet, eventually couscous, etc. after all the water soak into the bed, where they become ready to eat. This prevents their burning. Of course, when cooking on the stove, use a lid to cover the pot. Nevertheless, we must reckon with the partial evaporation of water, which we poured in the initial preparation.

After weaning, put the still hot corn into several jars, which causes that the lid sucks to the jar (Swedish sterilization). We can keep them in the fridge for about a week. Crops can also be frozen in need.

Grain suitable for winter: Rice is always the foundation. Then add „warming“ millet or buckwheat and other „wild“ cereals (amaranth, teef, quinoa...).

Grain suitable for summer: rice again but contrary we add less energy grains as corn, oats, barley groats, rye...

Note: Small children under about 2 years should eat buckwheat rarely (its „hot“ astringent energy could slow down their growth).

For children up to about 1 year is good to cook mostly oats, barley and wheat groats and sometimes millet – all preferably combined with white rice.



Cooking pulses:

Pulses are high in protein, carbohydrates, various vitamins and minerals. Some of them, especially adzuki, chickpea and black soybeans, do strenghten urinary bladder, kidneys and reproductive organs.

All pulses should be pre-soaked (I suggest fridge in summer). There starts germination in these, which increases the nutritional value and digestibility. Depending on the type and toughness, we soak them from a few hours to a whole day. Water is poured out after that, it can only be left on adzuki beans. After swelling and rinsing we can leave them covered for about 1 day (ideally rinse 2 times in the meantime), till the pulses slightly germinate. A little germinating is enough but it won't be quite legume but partly vegetables thanks to a germ and we won't suffer from flatulence. We add seaweed Kombu (or wakame). It contains glutamic acid which accelerates softening the pulses. The pulses contain substances which help to soften seaweed – perfect symbiosis. This seaweed is usually cooked in water for one or more hours. We pour water on the pre-soaked legume, bring to a boil, grab foam, add the chopped unrolled seaweed with the water we have soaked it in (pre-soaking in a little cold water gets it unrolled and partly



softened). Simmer again as cereals with the lid on a pot, depending on the kind of legume from 0.5 – 1.5 hours. We check the amount of water during cooking and eventually pour in cold water by side of the pot as needed. Almost at the end of the boil we add salt or soy sauce (shoyu, tamari).

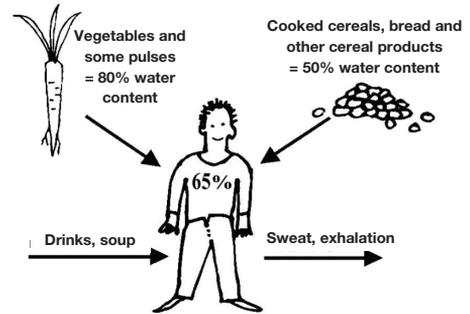
Note: Previously added salt prevents softening pulses. Digestibility of pulses is also greatly facilitated by consumption of root vegetables. This can be put on pulses about 10-15 minutes before they're done and we can use it as a side dish.

We put this semi-finished product into jars when it's still hot (according to consumption they may be smaller) and use it every day to enrich soups, cereals, etc.

This is the way you can cook several types of cereals and pulses all at once and use them gradually during a week. Every day we cook only what is necessary and of course, we prepare fresh vegetables! If we don't have vegetables, we can use at least a raw onion to flavour the dish!

Note: If you forgot to pre-soak pulses, then there's the following tip how to cook even the hardest types until soft in one hour: Rinse the pot of beans and pour them into the pressure cooker with one cup of water. You can add a piece of rinsed seaweed Kombu. Close the pot and cook the beans under pressure for 15 minutes. Take the pot down the heat and let the pressure reduce. Open the lid, add a cup of cold water and cook under pressure for 45 minutes again. Now the beans are soft and can be used to prepare great meals!

Water content



Observe also the water in food. Among people there are various myths that encourage absurd drinking regimes or supposedly vital cereal mushes, etc. However, the adult body has about 65% of water, so we shouldn't risk inviting troubles with these mushes, especially if the half of our daily consumption should be vegetables which contains over 80% of water! To compensate this fixed water, we have to cook grains in a ratio of 1:1 to 1:1.5 (see table below). For the same reason it's not possible to cook porridge for babies in the ratio of 1:5 or even 1:10, when they have about 70% of water in their bodies. Body vapours, sweat, saliva, etc. have a character of free (liquid) water and we compensate it with beverages. Think about reality more than about the well-established fabrications!!

weight of crops	weight of water	final content of water
1	: 1.00	= 50%
1	: 1.25	= 55%
1	: 1.50	= 60%
1	: 1.75	= 64%
1	: 2.00	= 67%
1	: 2.50	= 71%
1	: 3.00	= 75%
1	: 5.00	= 83%
1	: 10.0	= 91%



The most common condiments, flavourings, thickening agents, etc.

Almost all you can find in health food stores.

GOMASIO – supports digestion, food absorption in the intestines and strengthens and improves the quality of blood and heart.

It is an excellent substitute for salt but doesn't have its „sharp“ effects on the organism. Roast 1 part of sea salt in a dry pan, then very quickly rinse and roast the seeds. They're roasted enough when they burst and „jump“. Salt is mixed with the seeds and everything is crushed in a mortar or smashed in a mortar suribashi (or ground in a nut grinder, etc.) The seeds should be properly crushed in small pieces.

It's used for seasoning grains, pasta, vegetables, salads and soups. It's used up on the table, right on the plate but not more than 1 teaspoon a day. Salt is at high temperature applied to the seeds where it's coated with oil and then slowly released in the body. For children under 2 years don't add any salt at all. The ratio of seeds and salt is between 15 – 25 : 1. If you like eating roasted seeds then drop a little soy sauce when they're hot or do not add any salt.

TEKKA – Excellent resource for blood production but it is strongly astringent and should be used sparingly. It's a mixture of cooked burdock, carrots, lotus, hacho-misa and sesame oil + ginger. It is also possible to pour it e.g. on rice.

TERIYAKI – Used to flavour rice, vegetable dishes, fish, spreads... It's the traditional Japanese mixture. We recommend trying it.

MISO PASTA – The most commonly used flavouring and therapeutic agent, rich in vitamins and enzymes which help digestion.

It is a quality replacement for dehydrated broth, etc. In order to preserve enzymes at high temperature, we add it e.g. into soups at the end of cooking and let it simmer just for 3 – 4 minutes. The market offers barley, rice, soy miso – it's good to alternate them. It is better to buy miso in the glass which is usually not pasteurised.

ROASTED AND CRUSHED SEAWEED - We can use algae wakame, kombu, dulse... Seaweed is placed on a baking tray and put into the oven and baked at 200°C for about 10 minutes. **Note:** Roast rather less, just until brown, not the dark. Then it's crushed in a mortar or grinder. This is also a remedy with astringent effects, so we can use it for flavouring rice (up to 1 teaspoon per day – but if you do not use salt gomasio). However, it can also be used in treatment of hyperacidity blood from the consumption of sweets, fruits, etc.

SALTY UMEBOSHI PLUMS – Universal „panacea“ used mainly in macrobiotics. These are special plums imported from Japan. These days they're grown in the USA, too, pickled in sea salt and fermented for 1 – 3 years. We can include 2 -3 plums into our week's diet. Less for children! They contain a balanced proportion of natural fruit acids and alkaline minerals, they have astringent effect (salt, pressure, long fermentation time). Alkaline quality of umeboshi plums is able to neutralize dangerous levels of hyperacid components such as sugar, alcohol, poisons etc. They are absolutely suitable for strengthening the intestines and for people suffering from cancer. Therefore umeboshi plums can be used as spice or cure. Their therapeutic use is extensive – we recommend using the internet.

SAUERKRAUT – everyone knows it and it's for change the Czech „panacea“. For lunch or dinner I recommend to add at least one spoon to the plate.



It's also fermented product, strengthening the intestines and digestion. It is ideal to make your own sauerkraut from natural resources. The ones shorter fermented are often called „pickles“ (see the recipe in chapter SALADS).

UME VINEGAR – Salty-sour juice has a taste similar to ume plums. Excellent for salads, pulses...

CEREAL MALTS AND AMAZAKE – In the market we can buy barley, wheat, kamut, rice malt, etc. They're good for people suffering from allergies, inclining to diabetes but also for helthy people.

Cereal malts contain more complex sugars than the refined sugar, glucose, fructose but also cane sugar, honey, molasses or maple syrup (these contain more simple sugars which are too „agressive“ for us).

When digested simple sugars they are absorbed into the bloodstream very rapidly and hyperglycemia begins. Our body is overworked with this – mainly pancreas which can result in diabetes.

The acidic environment is a breeding ground for the growth of undesirable microorganisms! It's their food and it provides them quick energy which they need for the uncontrolled reproduction! The organism defends itself and tries to neutralize the acid to alkaline minerals which it „borrows“ from bones and other organs. This is gradually thinning teeth, joints, bones, etc.

The advantage of complex sugars in cereals, vegetables and pulses, is a gradual and slow decomposition and feeding into blood. Blood sugar doesn't fluctuate, it keeps on the same level and nor doesn't overload the pancreas. In addition, in the complex of grains, vegetables and pulses, our organism receives adequate amount of minerals and vitamins for metabolism and not their scarcity.

ARROWROOT – Thickening agent for food, it is very high quality starch, better than Maizena. It is more astringent, thickens better and has more minerals.

KUZU – It is also a starch derived from the vine which is said to have the power to grow through the rock. It contains very many minerals. It is used therapeutically but also for thickening foods. Ideally, thicken the fruit in summer with it because it can balance its acids. It's very delicious and children love it. It is a bit more expensive but it thickens very well. Especially in combination with ume plum, Bancha tea or soy sauce, it improves blood quality during illnesses and provides the necessary energy when we can't eat anything.

OILS – We are talking about oil in organic quality and cold-pressed. For cooking we use mainly sunflower, olive, sesame oil. For frying olive, sesame, rapeseed and specially treated (deodorized) sunflower oil. All can be used for cold food.

Note: Refined oils during the industrial processing undergo invasive treatment during which they lose some nutrients and minerals. These minerals are then taken from our body during digestion!





How does „daily bread“ affect us

When we say bread, we imagine the food consumed regularly, maybe daily, a building block of our diet. Almost every European imagines baked product composed mainly of water, flour and leaven. For most Asians the „daily bread“ is cooked rice which is grown in hundreds of varieties and each of them offers a little different composition of nutrients. Corn was the diet basis of the Indians and it's still the main cereal grains of South America, the Eskimos consume mostly fish, etc.

Each food has its own properties but also its pros and contras and if we regularly consume food about whose energetic influence on our organism we know nothing, it's an easy way to harm ourselves.

Some nations are known for the specific characteristics. There live e.g. slim, short and hardworking people somewhere, somewhere else they are tall, lazy and obese. On the other hand, many nations weren't able to „tune“ their diet and they died out. Others enjoyed good health and fertility. How is this possible?

If we look into the history, we find out that e.g. northern nations, whose basic part of the diet is meat, live shorter and degenerate more. In contrast, the Far East, the base of which is vegetable diet, prospers, and it is not unusual to meet relatively healthy people who are over 100 years old. There we were also looking for the „secret knowledge“ which could be applied on our traditions. There's no need to leave our national, and in fact unhealthy habits when we correct them according to the laws of nature in ourselves, our family or in the entire nation. Therefore, we want to share the „non-traditional“ customs and recipes with you, that may become your helpers, snacks or medications.

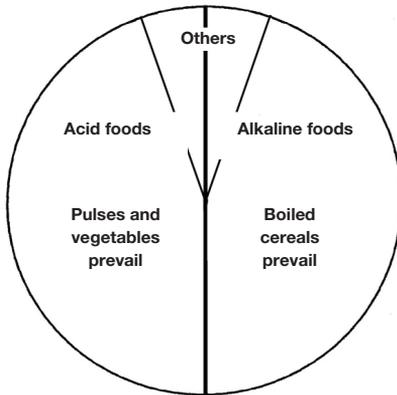
You should study cookbooks of various nations or our grandmothers as well and learn how to modify their recipes so that you can also prepare healthy meals!



Let's learn to understand the energies of food and not to be confused by modern industry that surely brings interesting things but it also brings too many risks. Today's „economic gold-digging“ has nothing to do with ecology. It poisons the soil, water and air and also destroys the gene pool of life-giving plants. Let's remember that our children will be forced to take these junk products of industry.



HARMONIOUS PLATE



The table of „values“ shows that we can take not only healthy foods and proper preparation into consideration. It is important to know how to choose the foods well by acidity, hardness, size, etc.



Regardless of habits, nationality, religion or gender the correct „harmonic bread“ must be prepared according to the following two components: *expansible* (acidity, sweetness, softness) and *contractive* (alkalinity, toughness, etc.)

Today's industry destroys not only the landscape but it builds on „greenfield“, cuts down forests, poisons the soil, rivers, air... Protect our natural resources!

Resources and acknowledgements:

The biggest acknowledgement for giving information about healthy living and cooking is for Japanese G. Oshawa. He's the father of a healthy attitude to life who taught us how to use the laws of nature, not only in food but also in complex life.

Big thanks for the inspiration includes the most famous pupils of G. Oshawa who are responsible for the development of a healthy lifestyle and cooking in the West.

These include **Michio** and **Aveline Kushi**, **Hermann Aihara**, **Tomio Kikuchi** and more.

Akiko Aoyagi and **William Shurtleff** - experts on soy products, especially miso, tofu and tempeh. They spent many years in Japan and Indonesia studying the possibilities of using soy. In 1976 they founded The Soyfoods Center in California

Big thanks also to our patient reporter, **Mgr. Lucie Moučková**, the translator and interpreter ([lucie.mouckova @ seznam.cz](mailto:lucie.mouckova@seznam.cz)). Finally, thanks to all the participants of our courses for their remarks, which were one of the incitements to create this cookbook (reiss@tiscali.cz).

↑	Acidity rises	Physical diseases	Mental diseases
	chemicals, drugs, medications, spices...	AIDS, intestines cancer, leukemia	total addiction, laxity
	sweets, coffee, alcohol...	inflammation of lymphatic glands, herpes, migraines	jealousy, pathological fear
	fruit, cold climate, fats...	flus, swellings, anginas, diarrhoeas...	oversensitiveness, sleeplessness...
	pulses, vegetables	health line	
	crops, goat's milk...	health line	
	meat, cheese, baked products	contractions of blood vessels, gout, constipation, ulcers	instability, impatience
	dry, smoked, roasted prod.	tumors, hepatitis, dry rashes	stress, anger, nervousness...
	bitter and salty products, salt ...	brain or liver cancer, heart attack, paralysis	fury, total dominance
↓	Alkalinity rises	Physical diseases	Mental diseases

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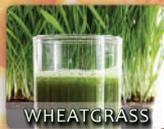
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