

Brown Rice with Black Soybeans

2 cups brown rice

4 1/2 cups spring water

1 cup black soybeans

3 pinches of sea salt

2 teaspoons shoyu

Wash the rice and put it in a pressure cooker. Add the water. Put a clean moist towel on a countertop and put the soybeans on the towel. Fold the towel over the beans and pat the beans gently with the towel to remove any dust. Put the cleaned beans in a preheated cast-iron frying pan and dry-roast, quickly but gently, stirring with a wooden paddle or spoon. When the beans begin to crack and the inside turn slightly golden, add the soybeans to the rice in the pressure cooker. Add the salt and shoyu. Cover the pressure cooker and cook over low heat for 10 minutes; then raise the heat until pressure is reached. As soon as pressure is achieved, reduce the heat to low and cook for 45 to 50 minutes. Remove the pot from the heat and let sit for 5 minutes; then release the pressure. Let the pot sit for 10 minutes longer. Then open the pot and transfer the rice and soybeans to a wooden bowl.

Aduki-Kombu-Squash

A 4-6 inch piece kombu, soaked for 15 minutes

1 cup aduki beans, soaked overnight

Spring water

2 cups hard winter squash (or carrots), cut into chunks (do not peel squash if it is organic)

1 teaspoon shoyu

Combine the kombu and the beans and soak overnight. After soaking remove the kombu from the beans and discard the soaking water. Slice the reconstituted kombu into 1-inch-by-1-inch squares and place them in the bottom of a heavy pot with a heavy lid, preferably enameled cast iron. Add the beans on top of the kombu. Add fresh spring water to just cover the beans. Bring to a boil uncovered. When it boils, strain off any foam that might be floating on top. Let the beans boil for about 5 minutes uncovered, as this allows gases to release into the air--and not through you--later on. Cover the pot, place a flame deflector beneath it, and reduce heat to a

simmer. Let the beans cook for about 40 minutes, adding water when it appears to dip down below the bean level. Check them every 10 minutes or so. Add the squash on top of the beans and add more water--to cover the beans--if necessary. Let this cook for another 20 minutes. When the beans seem soft and tender, add the shoyu and let them cook 10 more minutes. Stir a little to mix the beans and squash and serve.

Serves 6

Variation: Add the squash from the beginning of the simmering of the beans. This will make the squash melt more into the beans, creating a softer dish. Try it both ways and see what you like.

Mock Tuna

1 8-ounce package of tempeh

1 tablespoon umeboshi vinegar

1/3 cup Tofu Mayonnaise

Black pepper to taste

Any spices you desire--cumin, curry, paprika, saffron, etc. (optional)

1 celery stalk, diced

1/4 red onion, finely diced

Steam or boil tempeh for 20 minutes to make it more digestible. Break apart with a fork until you get smaller-than-bite-sized pieces. Sprinkle the umeboshi vinegar onto the tempeh, mashing it in with a fork until you get a tuna-fishy saltiness. Mix mayonnaise, pepper, and any other spices you enjoy. Mash into tempeh. Add vegetables. Serve or refrigerate--it tastes even better the next day.

Serves 4

Tofu Mayonnaise

8 ounces soft tofu

4 teaspoons umeboshi vinegar

1/4 teaspoon sea salt

Juice of 1 lemon

1 tablespoon organic Dijon mustard

1 tablespoon brown rice vinegar

Place the tofu in boiling water and let simmer 5 minutes. Allow it to cool a little. Place all the ingredients in a food processor and blend until very smooth. Chill and use.

Black-Eyed Pea Croquettes

2 cups black-eyed peas, soaked overnight in spring water

1/2 teaspoon sea salt

1 tablespoon shoyu

1 teaspoon ground cumin

2 cups safflower oil for frying

Dipping Sauce

1/2 cup barley malt

1-2 tablespoons organic Dijon mustard

Chopped parsley or cilantro for garnish

Place soaked beans in food processor. Add salt, shoyu, and cumin. Blend until you get fine shreds of bean, but don't blend into a pulp. The mixture will be slightly wet but can hold together. Form palm-sized croquettes with your hands. Heat 1 inch of oil in a cast-iron skillet to

about 350 degrees F. To test the oil, drop in a tiny amount of croquette mixture. If it bubbles furiously and rises to the top, the oil is ready. Do not let the oil get so hot that it smokes. You may need to make little adjustments to the heat under the oil throughout the cooking process to avoid burning the croquettes. Place 4 croquettes in the oil and let fry for about 4 minutes on each side. Place on paper towel to drain extra oil. Heat barley malt and mustard over low heat until it bubbles. Pour over croquettes or into individual dipping bowls. Garnish with parsley or cilantro. Serve while still hot.

Makes 12 medium-sized croquettes, which serves 4