

Contents

INTRODUCTION	3
PREPARING TO COOK	9
MENUS	11
A TYPICAL WEEK MENU PLAN	13

BREAKFAST CEREAL

TRADITIONAL PORRIDGE	17
HOT MILKY RICE CEREAL	18
BLACK RICE CONGEE	19
JAPANESE TEMPLE GRUEL	20
SEMOLINA / POLENTA	21
INDIAN-STYLE RICE CEREAL	22
SPICED MUESLI	23
SOAKED MUESLI WITH APPLE	24
GRANOLA	25
BROWN RICE CEREAL	27
QUINOA & AMARANTH PORRIDGE	29
MILLET CONGEE	30
CHILLED ALMOND RICE PUDDING	31

BRUNCH & BREAD

SINGING POTATOES	35
SCRAMBLED EGGS	36
FRIED TOMATOES	37
PAN-FRIED BREAKFAST MUSHROOMS	37
HARD-BOILED EGGS	39
EGG TOSTIES	41
CORNMEAL PANCAKES	43
CARAMEL FUDGE SAUCE	45
CHEESE & SPRING ONION PANCAKES	47
OVEN CHEESE TOAST	49
BREAD MAKING	50
CRUMPETS	53
PLAIN CRUMPETS	55
ENGLISH MUFFINS	57
WHOLE WHEAT BREAD	58
WHITE ROLLS	59
PITA BREAD	60
CINNAMON RAISIN BREAD	61
FLOUR TORTILLA	62

FRUIT

BAKED CINNAMON APPLE WEDGES	64
SPICY WINTER APPLE MOUSSE	65
APPLE MOON FRUIT SALAD	66

OVERRIPE SPOTTED BANANAS	67
HOT SPICED APPLES & APRICOTS	69
STUFFED BAKED APPLES	71
SPICY POACHED PEARS	72
TROPICAL MELON, LYCHEE & MINT COMPOTE	74
NECTARINES & BLUEBERRIES	75
STRAWBERRIES, APRICOTS & BANANAS	75
BANANAS, POMEGRANATE, QUARK & YOGURT	76
APPLE, PEAR, KIWI & GRAPE COMPOTE	77
MANDARIN & BANANA WITH ORANGE KISSEL	78
LEMONY FRESH GINGER PEARS	79

RICE & GRAINS

SHORT GRAIN BROWN RICE	84
JASMINE RICE	84
BASMATI RICE	85
SUSHI RICE	85
LONG GRAIN BROWN RICE	86
RICE & QUINOA	86
BROWN & RED RICE	87
SPICED YELLOW RICE	87
BROWN & BLACK RICE	88
SPICED WHITE RICE	89
COUSCOUS	90
QUINOA	90
JASMINE LEMON RICE	91
MILLET	91
BULGUR	92
RICE NOODLES	92

MAIN COURSES

OVEN ROASTED VEGETABLES WITH TEMPEH	94
CARROT, HIJIKI & TOFU IN TAHINI SAUCE	99
SESAME STIR-FRY VEGETABLES	101
CAULIFLOWER COCONUT CREAM KARMA KORMA	103
FLASH ROASTED COURGETTE & TEMPEH	105
BLACK BEAN CHOCOLATE CHILLI	106
FRESH TOMATO SALSA	108
MIDDLE EASTERN-STYLE MINCED SOY & PITA	109
YOGURT GARLIC SAUCE	111
SWEET & SOUR WITH OMELETTE STRIPS	112
ROASTED CINNAMON PUMPKIN	115
RICH RED PASTA SAUCE WITH LENTILS	117
BRUSSELS SPROUTS WITH SPICY PEANUT SAUCE	119
ROASTED HONEY PARSNIPS & CARROTS	123

PUMPKIN WITH RED CURRY SAUCE	125
YELLOW LENTIL CURRY DHAL WITH CUMIN SEEDS	127
BIG FAT WHITE BEANS IN RED, RED SAUCE	128
SPANISH-STYLE SAFFRON LENTILS	130
JAPANESE-STYLE BRAISED VEGETABLES	132
CHICKPEA TAJINE WITH MINT & ORANGE	135
ROSEMARY MASHED POTATOES	137
MUSHROOM GRAVY & SOY MINCE	139
JAPANESE CURRY RICE	140
TERIYAKI-STYLE VEGGIES	143
SWEET CHILLI SAUCE	144
CRISPY DEEP FRIED TOFU	145
THAI-STYLE CURRY	146
GREEN BEAN & WHITE MISO SAUCE	148
CURRIED RED LENTILS	149
BOILING SALTED WATER	150

ONE DISH MEALS

GINGER FRIED RICE WITH VEGETABLES	155
BLACK FRIED RICE	157
BLUE CHEESE & ROCKET THIN CRUST PIZZA	158
SPINACH, RICOTTA & TOMATO PASTA	161
RATATOUILLE	162
VEGETARIAN PAD THAI	165
TOMATO & THAI BASIL RICE	167
SESAME PASTA	169
CONFETTI POTATO SALAD	170
MOCK PAELLA RICE DISH	173
SUN-DRIED TOMATO SUMMER PASTA SALAD	175
TAMALE PIE	177
SUSHI RICE SALAD	179
LEMONY SPAGHETTI	181
MACRIVER BURGERS	183
QUINOA SALAD	184
SPINACH RICE	185
BULGUR WITH BEANS & CHILI	186
QUESADILLA	187
ENCHILADA WITH CHOCOLATE MOLE SAUCE	189

CONDIMENTS & SPREADS

GOMASIO	192
FRIED BREAKFAST ROSEMARY ONIONS	193
RED ONION & BELL PEPPER CONDIMENT	194
SAMBAL	195
SPICED APPLE CHUTNEY	196

MOCK ALI-OLI	197
YOGURT GARLIC SAUCE	197
CUCUMBER TZATZIKI	198
TOMATO SESAME	199
FRESH SALSA WITH SWEET CORN	200
GUACAMOLE	201
SWEET CHILLI SAUCE	202
YOGURT MINT RAITA	203
YOGURT CUMIN RAITA	203
MOCK TAKUAN	204
PICKLED AUBERGINE	204
SALTED CUCUMBER PICKLE	204
PICKLED SPICY CABBAGE	206
NORI SPRINKLES	206
CLASSIC HUMMUS	207
RED HUMMUS WITH ROASTED BELL PEPPER	208
EGG SALAD SPREAD	208
OLIVE & SUN-DRIED TOMATO TAPENADE	209
SHITAKE MUSHROOM PÂTÉ	210
CRANBERRY ORANGE SAUCE	211
CREAM CHEESE WITH GREEN ONIONS	213
CREAM CHEESE WITH ROASTED RED PEPPER	213
GOLDEN CABBAGE	214

SALAD & DRESSINGS

PEAR & ROCKET SALAD	216
STRAWBERRY CHILLI DRESSING	216
LETTUCE & DAIKON SALAD	217
MISO DRESSING WITH GINGER & SESAME	217
CARROT & APPLE SALAD	218
CASHEW NUT DRESSING WITH ROSEMARY	218
BEETROOT SALAD	219
WINTER SALAD DRESSING	219
CHICORY & APPLE SALAD	220
HORSERADISH CREAM	220
SPINACH & MUSHROOM SALAD	221
HONEY MUSTARD LEMON DRESSING	221
MIXED GREEN SALAD WITH POMEGRANATE	222
LIME MAYO DRESSING	222
MANGO SALAD	223
THAI-STYLE DRESSING	223
MIXED GREEN SALAD	224
WALNUT DRESSING	224
WALDORF SALAD	225
TOFU TAHINI DRESSING	225
BLUE CHEESE DRESSING	226

APRICOT JALAPEÑO DRESSING	226
GREEN SALAD	226
TOMATO SALAD	227
PINEAPPLE SALSA SALAD DRESSING	228

SOUPS

MISO SOUP WITH GINGER	231
JUNGLE SOUP	233
SPINACH SOUP WITH CHILI & DILL	235
SPECTACULAR PUMPKIN SOUP	237
DOUBLE MUSHROOM DELIGHT SOUP	239
CONFETTI CORN CHOWDER	241
EGG FLOWER TOMATO SOUP	245
GRONINGEN MUSTARD SOUP WITH LEEK	246
CARROT & ROASTED RED PAPRIKA SOUP	247
HOT SOUR SOUP	249
RUE HEROLD PUMPKIN SOUP	251
WHITE BEAN, CHILI & ROCKET SOUP	253
PIQUANT RED ONION SOUP	255
SALMOREJO	256
MIDDLE EASTERN-STYLE LENTIL SOUP	257
BASIC VEGETABLE STOCK	258

CAKES & MUFFINS

ABOUT COOKIES & CAKES	260
BANANA BREAD	263
VANILLA DROP SCONES	265
SHORTBREAD	267
CHOCOLATE MUFFIN CAKE WITH CHILI & ORANGE	269
COFFEE CAKE	271
COFFEE BUTTER FROSTING	271
ALMOND MUFFINS	273
ORANGE & WALNUT CAKE	275
BISCOTTI	277
PINEAPPLE COCONUT UPSIDE DOWN CAKE	279
QUARK CAKE	281
APPLE SHORTCAKE	283
CHOCOLATE RICE KRISPIE CAKES	285
CHOCOLATE CORNFLAKE CAKES	285
GREEDY, GREEDY APPLE CAKE	287
BEST-YET RICE PUDDING CAKE	289
OLD ENGLISH SCONES	291
CHOCOLATE TEE WAFERS	292
GOOSNARGH CAKES	293
HIGH ENERGY GRANOLA BAR	294

APPLE CRUMBLE	295
VICTORIA SPONGE CAKE	297
ROCK CAKES	298
HONEY & OATMEAL COOKIES	299
TRIFLE	300
MANDARIN TRIFLE	301
NATURAL FRUIT JELLY	302
MOCK CREAM	302
PATIENCE VLA	303
LEMON CREAM FROSTING	304
LEMON GLAZE	304

KITCHEN ESSENTIALS

EQUIPMENT ESSENTIALS	309
A NOTE ON BEANS & LENTILS	311
PRESSURE COOKING TIMES	312
SUBSTITUTIONS	314
BASIC KNIFE CUTS	315
VEGETABLE SIZES	315
DRY MEASURES EXCHANGES	315
LIQUID MEASURE EXCHANGES	316
SMALL MEASUREMENT EXCHANGES	316
TEMPERATURE CONVERSIONS	316
HOMEMADE, NONTOXIC SURFACE CLEANER	317

ZEN NOTES

ZEN VEGETARIAN COOKING	319
NOTES FOR THE TENZO	329
ORYOKI	332
MY JOURNEY FROM THERE TO HERE	335
ZEN RIVER TEMPLE	337
ACKNOWLEDGEMENTS	338
ABOUT THE AUTHOR	338