

These recipes are simple to make with a big payoff. Taking the time to cook your own healing foods, or if you are not feeling well, having someone who loves you cook them, will offer you the kind of energy that will nourish you through your journey and beyond. Feed yourself as much love as you can receive, in whatever form feels best for you. These are suggestions to support your energy and body; it's your job to listen and feel how they work in you!

So, where can you get the ingredients for the recipes that follow?

Whole Foods and Dierbergs actually have most of them. Dierbergs (St. Louis) keeps expanding their organic/whole food sections.

Shoyu (unpasteurized soy sauce): Use Eden brand or online order below

Wakame and Kombu: you can find this at Dierbergs or order below

Miso: you can find Miso Master in the refrigerated section at Whole Foods

The miso used in the video is Johsen Barley Miso and can only be ordered online; see below. You can order miso, shoyu and sea vegetables from Natural Import Company: www.naturalimport.com. The staff at this company are incredibly helpful and you can ask them any questions you like.

Mitoku Yuuki-Grown Sakurazawa Shoyu

Johsen Organic Barley Miso

Mitoku Wild San-Riku Coast Wakame

Mitoku Hidaka Kombu

If you have questions, want to connect and learn more, you can contact

Bridgette Kossor and her Peace, Love and Food Kitchen at www.bridgettekossor.com

or call 314-920-6110.

For more information:
www.bridgettekossor.com

Basic Miso Soup

1 inch piece wakame sea vegetable

6 cups of spring water

1 cup finely sliced onion,

1 cup finely slice or chopped broccoli, cauliflower, cabbage, leek, shiitake mushroom, etc.

1 – 2 finely sliced leafy greens (in addition to other veggies)

½ - 1 flat tsp miso paste per cup of soup

2 tsp finely chopped scallion garnish per cup of soup (optional)

1. Rinse off piece of wakame and place in a small dish of water to soak until tender. Finely slice
2. Bring water to a boil uncovered over a medium flame.
3. When broth is boiling, add finely sliced vegetables, except the leafy greens.
4. Simmer until tender, about 3 – 5 minutes.
5. Spoon about 1 1/2 to 2 cups of the broth into a small bowl and dissolve the miso paste in it, making sure that it is smooth.
6. Pour diluted miso into broth.
7. Add leafy greens. **Simmer, do not boil**, miso in soup for 3 – 4 minutes.
8. Serve and garnish with scallion if desired.

You can add fresh tofu in small cubes if you like, occasionally.

You can also add ginger juice as a garnish, occasionally.

Your soup should taste light, flavorful, energetic, but not salty.

This would be a sign that you used too much miso.

Eat miso soup within two days of preparation to receive the most benefits, since it begins to lose its vitality after the first day. Make enough so that you can eat it the day you make it and have leftovers for the next day. Then make a new batch again.

Blanched Kale

1 bunch of curly kale

Sea salt

Lemon

1. Fill a pot with water, about $\frac{2}{3}$ full and bring to a boil
2. Add a pinch of sea salt.
3. Rinse kale well.
4. Cut the stem out of the center of the kale.
5. Slice stem on a diagonal in $\frac{1}{2}$ inch pieces.
6. Gently tear kale into small pieces.
7. Add a few handfuls of kale to the boiling water; blanch about 3 minutes, then add stems. (you don't have to use the stems and if you don't, blanch kale for 4minutes)
8. Cook another minute (if using stems) or so. Kale should be a more vivid green, tender, yet still crisp with a sweeter flavor.
9. Serve and squeeze a little fresh lemon or sweet brown rice vinegar over the kale.

Nishime Vegetables- Long cooked vegetables

(produces strong, calm energy and is warming)

1 square –inch piece of kombu (sea vegetable), rinsed

A variety of root and round vegetables (at least 3) cut into medium chunks, like onion, cabbage, butternut squash, sweet potato, carrots, broccoli, daikon, etc.

Sea salt

Shoyu

1. Place kombu and soaking water in pot.
2. Layer the vegetables in the pot from light to heavy
3. Add enough water to cover the bottom of the pot, about ¼ inch.
4. Sprinkle a tiny pinch of sea salt over the vegetables, cover and bring to a boil over a medium flame.
5. You will hear the water boiling and may see some steam escape from the pot. (try not to lift the lid).
6. Lower the flame and simmer for 20 – 30 minutes or until the vegetables are tender.
7. Remove the lid and lightly season with a few drops of shoyu.
8. Replace the lid, pick up the pot and shake it gently to blend in the shoyu.
9. Return the pot to the stove and cook for another 4-5 minutes. Remove the pot from the flame and let it sit for a few minutes, with the lid on, before placing the vegetables in a serving dish.

The vegetables should be tender but not mushy. When nishime is prepared well, the veggies almost melt in your mouth. They have steamed in their own water and juices and the salt from the shoyu and sea salt brings out their sweetness.