

VIII. SOUPS

At Tassajara hot soup is served every day with lunch and dinner; a thick bean, pea or vegetable soup with lunch and miso soup with dinner.

Soup stock: The basis for many soups is soup stock which is a good way of wasting nothing. Save all liquids rich in food value such as water in which any vegetables have been cooked or in which beans have been soaked. Keep a soup stock pan in the kitchen. In it put trimmed outer leaves of leafy, green vegetables, tops and tips of carrots, celery, green onions, asparagus, beets and chard, and the ends of squash, cucumber etc. Put all these dry into the soup stock pan. Before cooking any soup, take the ingredients in the soup stock pan, add them to any liquid stock, boil for several hours and make the base of the soup.

#96. MISO SOUP WITH TOFU, CARROTS, BURDOCK AND MUSHROOMS (serves 6)

3-4 T. (heaping) miso	1 large onion
8-9 c. boiling water or stock	1 medium carrot
1 T. corn oil	1 large burdock (gobo)
tofu	10-12 mushrooms

Cut carrot and burdock into matchstick slivers and cut onion and mushroom into thin slices. In oil, saute onion, mushroom, carrot and burdock in that order, adding one at a time, for about 10 min. total. Add sauteed vegetables to 8-9 c. boiling water or stock, cover pot, and simmer for 15 min. Dilute miso in $\frac{1}{2}$ c. hot water from pot. (Or, put miso in a strainer and dip in the hot soup until the miso dissolves.) Add to pot 20-25 $\frac{3}{4}$ inch cubes of tofu. Immediately remove pot from stove, cover, let sit 10 min. and serve. Use leftovers in gruel #37.

#97. MISO SOUP WITH WAKAME

Use the same ingredients as in #96, however omitting the burdock and adding 2 c. dry wakame. Wash wakame and soak 15 min. in the 8-9 c. water. Take off wakame leaves from stems which are too hard. Cut the leaves into $\frac{1}{2}$ inch pieces. Saute wakame with vegetables and proceed as in #96.

#98. WAKAME SOUP

2 c. dry wakame	green onions (scallions)
9-10 c. stock from yams or potatoes. (or water)	lemon juice
spinach or chard	tamari
tofu or 1 potato	

Wash wakame and soak 10-15 min. Take off leaves from stems, cut into $\frac{1}{2}$ inch pieces and add to boiling stock or water. If using a potato, cut into $\frac{1}{2}$ inch cubes and boil with wakame. Boil 30-40 min. Remove from fire and add 15-20 $\frac{3}{4}$ inch cubes of tofu. Do not use tofu if you have used a potato. Dice green onion and spinach or chard for garnish and sprinkle on top of soup just before serving.

#99. SOY SAUCE AND LEMON SOUP (Serves 4-6)

1 c. fresh peas	lemon juice
tofu or 1 potato	2-3 T. tamari
6 c. water or stock	

If using potatoes, cut into $\frac{3}{4}$ inch cubes and boil 20-30 min. in water or stock. Add peas and 1-2 T. tamari (to preserve the color in the peas) and boil 10 more minutes. If not using a potato, add 10-15 $\frac{3}{4}$ inch cubes of tofu. Add lemon juice and tamari to taste, let sit 10 min. and serve.

#100. BURDOCK, CARROT AND ONION SOUP

burdock (gobo)	soup stock or water
carrots	dark sesame oil
onion	corn oil
tamari	

Saute vegetables in 3 parts corn oil to 1 part dark sesame oil. Add soup stock and boil 30 min. Carrots and burdock may be slivered into matchstick sizes or thinly sliced with onion. Add tamari to taste 10 min. before finishing. A hot and healing soup.

#101. THICK LENTIL SOUP WITH MISO

2 c. lentils	4 T. (heaping) miso
8 c. water or stock	oregano (fresh)

Soak lentils overnight in water. Boil 2-2 $\frac{1}{2}$ hours over low flame in covered pot until very thick. They may also be pressure cooked 40-50 min. at 15 lbs., allowing pressure to come down naturally. Dissolve miso in $\frac{1}{2}$ c. hot water, add to soup and stir. Let sit 10 min. and serve. Use leftovers in Soybeans with Lentils and Buckwheat Flour #81, Soybean Stew #84, or in Lentil-Miso Spread #133

#102. THICK LENTIL SOUP WITH MISO AND VEGETABLES SAUTEED

Prepare lentils and miso as in #101. Saute thinly sliced onion, carrot and celery in corn oil. Add a small amount of water to the pan and steam with lid on for another 10-15 min until water has evaporated. Add to lentils with miso, let stand 10 min. and serve. Use leftovers in Soybeans with Lentils and Buckwheat Flour #81, Soybean Stew #84, or in Lentil-Miso spread #133

#103. LENTIL SOUP WITH MISO AND PARSLEY GARNISH

Prepare lentils as in #101. Saute onion, yam and celery in that order and steam 10 min. Add sauteed vegetables, miso prepared as in #101 and finely chopped parsley to cooked lentils. Let sit 10 min. and serve. Use leftovers as in #101-102.

#104. LENTIL SOUP WITH ONIONS AND CLOVES

In this recipe no miso is used.

2 c. lentils	cloves
8 c. soup stock or water	tamari
2 onions, large	oregano

Soak lentils overnight. Slice onions thinly and pressure cook with lentils and cloves at 15 lbs. for 40-50 min. Allow pressure to go down naturally. Add tamari to taste and serve. Use leftovers as in #101.

#105. ADUKI BEAN SOUP

2 c. aduki beans	2 onions
1 c. lentils	2 carrots or #57-58
1 c. garbanzo beans	miso or miso soup
9 c. water, miso soup or stock	tamari

Soak all beans overnight. Pressure cook at 15 lbs. for 40-50 min. Saute onions and carrots thinly sliced and add to cooked beans or add Breakfast Carrots with Wheatgerm #57 (and almonds #58) Add miso or tamari to taste and serve. If using leftover miso soup #96-97 substitute it for part of the 9 c. water or stock.

#106. BUCKWHEAT NOODLES IN SOUP

This dish is called soba by the Japanese.

1 pkg. buckwheat noodles	3 c. water
1 bunch scallions (green onions)	3 inch piece kombu
1 t. oil	5T. tamari
1 t. salt	croutons

In 2 quarts water, prepare soba as in #27. (To reheat noodles when needed, pour boiling water over them, drain and arrange in bowls.)

Soup is made by first sauteing minced scallions in oil. Add 3 c. water and washed kombu to boil. Cover, lower heat, and boil about 15 min. Remove kombu and add salt and tamari to taste. Pour over buckwheat noodles and serve. Note: Buckwheat noodles go well with any broth or vegetable soup which is thin. Try them with a thin squash or pumpkin soup. Add croutons or roasted flours.

#107. THICK SPLIT PEA SOUP WITH MISO AND VEGETABLES

Substituting 2c. split peas for 2 c. lentils prepare exactly as in #101, #102, or #103. Serve with oregano and thyme.

#108. COLD SPLIT PEA SOUP

2 c. split peas	oregano, fresh sticks
5-6 c. water	cumin seed
1 onion	thyme
1 carrot	cream or milk (opt.)
½ bay leaf	

Soak peas overnight in water and pressure cook with $\frac{1}{2}$ bay leaf for 40-50 min at 15 lbs. or boil over low flame for 2-3 hours. Saute onion and carrot and steam 10-15 min. Add to cooked split peas with finely chopped fresh oregano, thyme, and cumin seed. Cool, add cold milk or cream, and serve cold in summer for lunch.

#109. COLD BEAN AND SPLIT PEA SOUP

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|--------------------|-----------------|
| 1 c. pinto beans | carrot |
| 2/3 c. black beans | oregano |
| 1/3 c. split peas | rosemary |
| 6 c. water | cumin seed |
| lemon | salt |
| onion | milk (optional) |

Soak legumes overnight in 6 c. water. Pressure cook 40-50 min. at 15 lbs. allowing pressure to come down naturally or boil 2-3 hours over low flame. Nituke thinly sliced onion and carrot and add to cooked legumes along with herbs and spices. Add milk to obtain desired consistency and a small amount of lemon juice to taste.

#110. NAVY BEAN SOUP

Navy bean: This is a small white bean also called "white beans". It takes the longest to cook of all the beans. They are a variety of kidney bean (along with red kidney beans and mottled Pinto beans) first cultivated by the Indians of South and Central America. Navy beans are used for Boston baked beans. They are rich in protein (22.5%) and delicious prepared with miso. We ate these almost daily during the long winter of 1968.

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|-----------------|---------------|
| 2 c. navy beans | carrots |
| 7 c. water | onions |
| miso | caraway seeds |

Pressure cook beans at 15 lbs. for 1 hour allowing pressure to come down naturally or simmer for 3-4 hours. Saute vegetables and add with miso and caraway seeds. Stir and allow to sit for 10 min. Serve.

#111. ONION SOUP

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|------------------------|-------------------------|
| 3 onions, large | dried bread or croutons |
| 4 c. soup stock | 1 t. corn oil |
| 2 T. whole wheat flour | tamari |
| black pepper | grated parmesan |

Slice onions thinly from top to bottom and saute slowly in corn oil until transparent. Slowly add flour and stock, stir and simmer for 1 hour. Leave lid on and allow to sit and cool. Then reheat to boiling, add tamari and serve with side dishes of croutons and grated parmesan. Add nutmeg for special effect.

#112. EGG DROP SOUP

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|-----------------|--------|
| cabbage, sliced | ginger |
| eggs, beaten | tamari |

For soup stock use water from boiling potatoes or yams if possible. However any stock will do. Saute thinly sliced cabbage and add to boiling stock. Mix beaten eggs in a separate bowl with hot water, then add to soup. Boil all together 10 min., add ginger and tamari to taste and serve.

#113. BANANA SQUASH SOUP

banana squash	garlic
stale bread pieces	nutmeg
onions	oil
chard, optional	seasalt

Saute onions and add 1 inch cubes of squash. Use approximately 1 lb. squash to each large onion. Use the skins of both. After sauteing, add enough water to cover and boil slowly until the squash falls apart. It can also be pressure cooked for 20 min. at 15 lbs. Saute bread in oil and garlic with nutmeg and, if available, chard. Be sure oil is very hot before adding bread or croutons. Add salt to taste and serve.

#114. PUMPKIN SOUP WITH DUMPLINGS

1 lb. pumpkin or hubbard squash	3/4 c. whole wheat flour
2 onions, medium size	3/4 c. buckwheat flour
breadcrumbs or croutons	cinnamon
sea salt	nutmeg
parsley, shredded	corn oil

Saute and boil onions and pumpkin as in #113. Salt and strain or put through hand mill. Brown 3 T. each of whole wheat and buckwheat flour in oil, mix with enough water to make a thin paste, blend this into the pumpkin mixture and boil again. Mix the remainder of the two flours together with 1/2 t. sea salt and water making a thick paste for dumplings. Drop one spoonful of this thick batter into boiling water for 5 min. Add these dumplings to the pumpkin soup 30-40 min. before serving. Add croutons, parsley, and spices. Serve. Delicious throughout the fall. Make it thick.

#115. MUSHROOM SOUP (Serves 10)

1 lb. mushrooms	1/2 box dried tofu
2 onions, medium size	1/2 c. tamari
2 carrots, large	1/2 c. vinegar
1/2 pkg. dried lotus root	2 T. honey
1 T. corn oil	sea salt
water chestnuts, optional	

Saute onions and mushrooms in that order. Add vinegar, honey, and tamari and marinate overnight. Thinly cut carrot, lotus root and tofu and soak 20 min. Cook all together 1 hour, salt to taste and serve. First prepared on Buddha's Birthday, April 8, 1969 at Horse Pasture near Tassajara. We sat in black robes in a grove of oaks. Chanting the Hannya Shingyo we poured hot, sweet tea over a small figure of the baby Buddha on a raised stone altar in a field of wildflowers. We sat on the eight petals of a great lotus for lunch.

#116. FRENCH SUMMER SOUP

6 c. soup stock	$\frac{1}{2}$ c. of any of the following
1 t. parsley	totaling $2\frac{1}{2}$ c.:
1 t. honey	carrots, diced
1 t. chopped mint	beans, green
6 chopped spring onions	peas
$\frac{1}{4}$ t. powdered clove	cabbage or chard
sea salt	zucchini
pepper	turnips
	tomatoes

Simmer all ingredients together 45 min.

#117. COLD UNCOOKED BULGARIAN CUCUMBER SOUP

This is a good way to use up cucumbers when you have too many.

3 c. peeled, diced cucumbers	2 cloves garlic, minced
2 t. salt	4 T. chopped dill, fresh
$\frac{1}{2}$ t. pepper	3 c. yogurt or 2 c. sour cream
$1\frac{1}{2}$ c. chopped walnuts	ice cubes
4 T. olive oil	

Two to six hours before serving refrigerate cucumbers covered with marinade of all ingredients except yogurt. When ready to serve, add thick yogurt or sour cream. Add ice cubes to pot and serve immediately.

VIII. PICKLES

Pickles, called "tsukimono" by the Japanese, are a staple food in the householder's diet and a basic dish served with most meals in the monastery. Pickling the vegetables is a traditional way of preserving them.

Umeboshi salt plum: Umeboshi are made from plums picked before they are completely ripe and preserved in salt for 1-3 years. Traditional families still make their own each year. They are considered helpful in regulating the digestive system and many families would take a little every day or at least once a week. A case of diarrhea called for a salted plum. If you eat too many sweets and treats a salt plum will balance their acidity and prevent sickness. Umeboshi may be eaten as a pickle alone or used in Ume-Syo-Kuzu #125. Since they are quite expensive, they are used sparingly. At Tassajara we have made our own from our own plums.

#118. PICKLES IN NUKA

Nuka: Nuka is the Japanese name for the bran of brown rice. Mix it with salt and put the mixture in a wooden crock, such as a tamari or miso barrel, and you have a "pickle barrel" in your kitchen.

10 c. nuka
1 c. salt

#116. FRENCH SUMMER SOUP

- | | |
|-------------------------|------------------------------|
| 6 c. soup stock | ½ c. of any of the following |
| 1 t. parsley | totaling 2½ c.: |
| 1 t. honey | carrots, diced |
| 1 t. chopped mint | beans, green |
| 6 chopped spring onions | peas |
| ¼ t. powdered clove | cabbage or chard |
| sea salt | zucchini |
| pepper | turnips |
| | tomatoes |

Simmer all ingredients together 45 min.

#117. COLD UNCOOKED BULGARIAN CUCUMBER SOUP

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- | | |
|------------------------------|--------------------------------|
| 3 c. peeled, diced cucumbers | 2 cloves garlic, minced |
| 2 t. salt | 4 T. chopped dill, fresh |
| ½ t. pepper | 3 c. yogurt or 2 c. sour cream |
| 1½ c. chopped walnuts | ice cubes |
| 4 T. olive oil | |

Two to six hours before serving refrigerate cucumbers covered with marinade of all ingredients except yogurt. When ready to serve, add thick yogurt or sour cream. Add ice cubes to pot and serve immediately.

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- 10 c. nuka
- 1 c. salt

Mix nuka and salt with hot water keeping thick. The following vegetables are most commonly used in pickling: chinese cabbage, daikon, carrot, radish, rutabaga, turnip, celery, cabbage, and cucumber. The longer a vegetable is left in the pot, the saltier it becomes. Therefore experiment with each vegetable. Cabbage is often done after 2 days. Daikon may take several weeks or a month. Usually the vegetable is pickled whole. Wash and serve thinly sliced on a pickle tray. Store in a cool place.

#119. MISOZUKI PICKLES

daikon
miso

Take whole daikon and hang in the sun to dry for about 3 days. Remove leaves and tip of the root and put into a crock of plain miso for 2 weeks to 1 month. It is often best to first put the daikon into a nuka-salt pickle barrel after they have dried so that they do not make the miso too watery. Slice thinly and serve.

#120. PICKLED KOMBU

Put 1 inch wide strips of kombu in a crock of miso for 2-14 days. Wash and serve.

IX. BEVERAGES

Most of the beverages described below are used for their medicinal properties. They are best served hot and alone. Do not serve them with the meal. In general it is best to drink a relatively small amount of liquids since, in a vegetarian diet where grains are the principal food, a great deal of liquid is taken in with cooked grains (60-70% water) and cooked vegetables (80-90% water).

Try not to drink liquids which are too hot or too cold. Drinking cold or refrigerated beverages puts a great strain on the digestive system. One should "chew" any liquid to bring it to the body's temperature in the mouth before it passes into the stomach and intestines. Yogi's also believe that all foods and liquids contain "prana" or life energy which is most quickly and effectively assimilated into the body in the mouth. A yogi will "chew" water before swallowing it.

The most common beverage at Tassajara is tea. It is served each morning during study period before breakfast and each mid-afternoon during work break. The morning tea is a boiled tea, roasted bancha #121 and the afternoon tea may be jasmine, oolong, darjeeling, wild lacepod, rose hips, sasafra or nu tea. Most everyday American teas contain carcinogen dyes which add a brown coloring to the tea so that you can "see" the tea in the pot. These should be avoided whenever possible.

"The tea plant, a native of Southern China, was known from very early times to Chinese botany and medicine. It was highly prized for possessing the virtues of relieving fatigue, delighting the soul, strengthening the will and repairing eyesight. It was not only administered as an internal dose, but often applied

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externally in the form of paste to alleviate rheumatic pains. The Taoists claimed it as an important ingredient of the elixir of immortality. The Buddhists used it extensively to prevent drowsiness during their long hours of meditation... Tea began as a medicine and grew into a beverage. In China in the eighth century it entered the realm of poetry as one of the polite amusements. The fifteenth century saw Japan ennoble it into a religion of aestheticism - Teaism. Teaism is a cult founded on the adoration of the beautiful among the sordid facts of everyday existence. It inculcates purity and harmony, the mystery of mutual charity."

from The Book of Tea by Okakura Kakuzo

By the fourth and fifth centuries, tea was a popular drink in parts of China. With Lu Wuh in the middle of the eighth century we find the first apostle of tea. In the "Cha-king", the holy scripture of tea, he formulated the first Code of Tea. The earliest tea, during the T'ang Dynasty was boiled tea. Later during the Sung Dynasty the whisked green tea, known as "macha" in the formal Japanese tea ceremony, became the favorite. It was this type which was imported into Japan from the southern Zen sect and refashioned into the elaborate ritual of tea which is very much alive today. Later still, during the Ming dynasty, the whisked green tea was forgotten, and the steeped tea became fashionable. It was this tea which was imported to the west.

"Japan, which followed closely in the footsteps of Chinese civilization, has known the tea in all its three stages. As early as the year 729 we read of Emperor Shomu giving tea to one hundred monks at his palace in Nara. The leaves were probably imported by ambassadors to the T'ang Court and prepared in the way then in fashion (boiling). In 801 the monk Saicho (Dengyo Daishi) brought back some seeds and planted them in Hiei-san. Many tea-gardens are heard of in the succeeding centuries, as well as the delight of the aristocracy and priesthood in the beverage. The Sung tea reached Japan in 1191 with the return of Eisai-zenji who went there to study the southern Zen school. The new seeds which he carried home were successfully planted in three places, one of which, the Uji district near Kyoto, still bears the name of producing the best tea in the world. The southern Zen spread with marvelous rapidity, and with it the tea-ritual and the tea-ideal of the Sung. By the fifteenth century, under the patronage of the Shogun, Ashikaga-Yoshimasa, the tea ceremony was fully constituted and made into an independent and secular performance. Since then Teaism has been fully established in Japan."

from The Book of Tea

The ships of the Dutch East India Company first brought tea to Europe in 1610. American independence dates from the throwing of tea-chests into Boston harbor.

The story is told of how Bodhidharma, sitting motionless facing the wall, grew irritated with his drowsiness in meditation one day and cut off his eyelashes. These fell to the ground and quickly grew into a tall plant. Boiling the leaves in water, Bodhidharma found that this drink helped him to overcome his drowsiness as it helps us at Tassajara fifteen hundred years later.

#121. BANCHA TWIG TEA.

This is the most common beverage in many Japanese homes. It is prepared by boiling as was the earliest of the Chinese methods for preparing tea during the T'ang dynasty (608-916). Bancha twig tea differs from other green teas in that it is picked only after it has matured for three years on the tree.

1 T. (heaping) bancha
3 c. water

Roast this coarse green tea in a dry pan until browned. Boil in water for 10 min. and serve. It is not necessary to strain the tea after boiling.

A nice variation, commonly used at Tassajara, is to roast sweet brown rice with the bancha and boil together. This is called Gemai Bancha.

#122. BANCHA WITH TAMARI (Syo-Ban)

This beverage is effective for eliminating fatigue and for shock after injuries. Fill tea cup about 1/10 full with tamari, add hot tea prepared as in #121 and serve. Be careful not to use too much tamari or to drink too much or you will become very thirsty.

#123. KUZU CREAM

Kuzu: Kuzu is the medicinal tip of a particular variety of arrowroot plant. It is considered precious in Japan and has been cultivated by one family for generations in a remote mountain location. Kuzu is a medicine and should not be used in place of arrowroot, corn starch, or sweet rice as a thickener since it is quite expensive. It is chemically very alkaline. After overeating, kuzu cream aids digestion. It is especially helpful in neutralizing the potentially harmful effects of overeating sweets and treats, used in much the same way as some people use baking soda as an antacid. Use also as medicine for colds, diarrhea, dysentery and fever.

dried kuzu
tamari

Dissolve the kuzu in cold water and add to 1-2 c. of boiling water, stirring in slowly. Continue adding until the hot kuzu is thick enough to stand a spoon upright. Add a small amount of tamari, turn the fire down and simmer for five min. Serve. It is best never to drink more than 1 cup of this at a time. It should not be taken with other food.

#124. MU TEA

Mu tea is a pre-packaged combination of ginseng root and 15 medicinal herbs and plants. It is delicious, very alkaline, and excellent for all types of illness. Available at good health food stores, the directions are on the package. One package can be used several times. It is relatively expensive and should be used in small quantities.

#125. UME-SYO-KUZU

At Tassajara this thick, creamy medicine is taken to people at mealtimes. It has basically the same uses as Kuzu Cream #123 except that it should not be used for simple over-eating. It should be taken no more than 1 cup at a time and should not be served with other food since, when sick, it is often advisable to fast or eat very little food in order to let the full body energy expel poisons and combat disease rather than digest food.

2 umeboshi salt plums	5 t. tamari
2-4 t. (heaping) kuzu	2 t. raw ginger, grated

Crush 2 umeboshi in 5 c. boiling water. Do not remove seeds. Mix the kuzu in a little cold water until dissolved and add to the boiling water. Grate the ginger and add. Simmer the mixture 30 min, add tamari, let stand 5-10 min. and serve. For a thicker drink, add more kuzu and boil longer.

#126. AZUKI JUICE

This juice is very good for kidney troubles. Drink a little at a time in place of other liquids, especially during the summer when the kidneys are sore from overwork.

1-2 T. azuki beans
8 c. water

Pressure cook the azuki beans for 1-2 hours in water. Remove lid and continue boiling until only 1 quart of liquid remains.

#127. DAIKON AND GINGER DRINK

Use for fevers and colds.

daikon	2 T. tamari
3 c. hot water	1 t. raw ginger, grated

Grate 2 T. of raw daikon. Add with other ingredients to 3 c. boiling water. Boil 5-10 min. and serve hot.

#128. GRAIN COFFEE (Yannoh)

$\frac{3}{4}$ c. brown rice	$\frac{1}{4}$ c. garbanzo beans
$\frac{1}{4}$ c. wheat berries	$\frac{1}{4}$ c. chicory
$\frac{1}{4}$ c. azuki beans	$\frac{1}{4}$ c. whole barley

Roast each ingredient separately until well browned. Mix together and brown in a little oil before grinding into a powder. Boil 1 T. (heaping) in 2 c. water for 10 min. Strain and serve.

#129. KOMBU TEA (Kombu-cha)

Make a fine powder of dried kombu seaweed and add to hot water.

#130. HEALING RICE DRINK

1 c. brown rice
8 c. water

Wash, dry, and roast brown rice. Boil in 2 qts. water for 1-2 hours. Strain through cheesecloth and squeeze out all the liquid. Save pulp for bread. Serve hot liquid to sick people. Good for colds and fever in place of solid food.

X. SPREADS

Spreads are served with bread each day at lunch and made into sandwiches when we have bag lunches. Most spreads will keep for several days in a cool place.

#131. BASIC SOYBEAN SPREAD.

Make this spread from leftover soybeans prepared as in #77-83. Grind up and serve with bread. For additional flavor and variety add freshly roasted, ground sesame seeds, roasted sunflower seeds, grated orange peel, diced apple and raisins. This spread is high in protein and very tasty. It is a good way to use up leftover soybeans.

#132. SUNFLOWER-SOYBEAN SPREAD

1 c. dry soybeans	corn oil
3/4 c. sunflower seeds	honey

Wash soybeans and dry in pan. Add sunflower seeds and roast together until dark. Grind in hand mill or blender leaving some chunks. Add small amount of oil and honey. A small amount of roasted flour may be necessary for cohesion.

#133. LENTIL-MISO SPREAD

Prepare lentils as in Thick Lentil Soup with Miso #101 or lentil soups #102 and #103. Puree in handmill or blender if desired. Add pinch of nutmeg, finely chopped parsley and/or salt to taste. If too thin, cook without covering over a low flame. Cool and serve.

#134. GARBANZO BEAN SPREAD

Make this spread from leftover garbanzo beans from #90 Or:

1 c. dry garbanzo beans	garlic
3 T. tahini	olive oil
sea salt	parsley, fresh chopped

Soak garbanzo beans overnight and pressure cook 1 hour at 15 lbs. in 2½ c. water. Mash. Add salt and other ingredients, cool and serve. Thanksgiving day speciality.

#135. GARBANZO AND MISO SPREAD.

Prepare garbanzo beans as in #90. Add freshly roasted ground sesame seeds and miso to taste.

#136. REFRIED PINTO BEAN SPREAD

Use leftovers from #92. A frijole spread for chapatis.

Wash, dry, and roast brown rice. Boil in 2 qts. water for 1-2 hours. Strain through cheesecloth and squeeze out all the liquid. Save pulp for bread. Serve hot liquid to sick people. Good for colds and fever in place of solid food.

X. SPREADS

Spreads are served with bread each day at lunch and made into sandwiches when we have bag lunches. Most spreads will keep for several days in a cool place.

#131. BASIC SOYBEAN SPREAD.

Make this spread from leftover soybeans prepared as in #77-83. Grind up and serve with bread. For additional flavor and variety add freshly roasted, ground sesame seeds, roasted sunflower seeds, grated orange peel, diced apple and raisins. This spread is high in protein and very tasty. It is a good way to use up leftover soybeans.

#132. SUNFLOWER-SOYBEAN SPREAD

1 c. dry soybeans	corn oil
3/4 c. sunflower seeds	honey

Wash soybeans and dry in pan. Add sunflower seeds and roast together until dark. Grind in hand mill or blender leaving some chunks. Add small amount of oil and honey. A small amount of roasted flour may be necessary for cohesion.

#133. LENTIL-MISO SPREAD

Prepare lentils as in Thick Lentil Soup with Miso #101 or lentil soups #102 and #103. Puree in handmill or blender if desired. Add pinch of nutmeg, finely chopped parsley and/or salt to taste. If too thin, cook without covering over a low flame. Cool and serve.

#134. GARBANZO BEAN SPREAD

Make this spread from leftover garbanzo beans from #90 Or:

1 c. dry garbanzo beans	garlic
3 T. tahini	olive oil
sea salt	parsley, fresh chopped

Soak garbanzo beans overnight and pressure cook 1 hour at 15 lbs. in 2½ c. water. Mash. Add salt and other ingredients, cool and serve. Thanksgiving day speciality.

#135. GARBANZO AND MISO SPREAD.

Prepare garbanzo beans as in #90. Add freshly roasted ground sesame seeds and miso to taste.

#136. REFRIED PINTO BEAN SPREAD

Use leftovers from #92. A frijole spread for chapatis.

#137. AZUKI BEAN SPREAD.

Prepare azuki beans as in #88 but adding soaked hijiki before pressure cooking. Mash thoroughly when cooked, add roasted sunflower seeds and serve. Add tamari if more salt is needed.

#138. MUSO SPREAD.

This is one of the most popular and nutritious Tassajara spreads.

1 c. tahini (homemade)	orange rind, grated
$\frac{1}{2}$ c. miso	

This spread is thickest and most delicious if the sesame butter (tahini) is fresh and homemade. Roast $1\frac{1}{2}$ c. hulled sesame seeds until golden brown and grind thoroughly in Corona hand mill. Commercial tahini may also be used. Mix all ingredients and serve. Muso also makes a good sauce for vegetables. See #74.

#139. PEANUT BUTTER AND TAMARI SPREAD

peanut butter, chunky	sesame seeds, roasted
tamari	sunflower seeds, roasted

Mix to taste. Sesame seeds may be ground.

#140. SESAME SPREAD

sesame seeds, roasted	salt
sesame oil	

Roast and finely grind sesame seeds. Mix in oil to desired consistency and taste. Use blender if you want it creamier.

#141. PEANUT BUTTER AND PEAR (or apple) SPREAD

peanut butter, crunchy	sunflower seeds, roasted
pears (or apples)	

Boil and mash pears (or apples) Mix with peanut butter and add roasted sunflower seeds.

#142. PEANUT BUTTER, MISO, APPLES, CARROT AND PARSLEY SPREAD

1 c. peanut butter	1 carrot, grated
$\frac{1}{2}$ c. miso	chopped parsley
1-2 grated apples	

Mix together, let sit overnight and serve.

#143. GUACAMOLE

1 avacado, well ripened	1 t. oil
1 green pepper	$\frac{1}{2}$ T. lemon juice
1 tomato	$\frac{1}{4}$ t. salt
1 sprig parsley	

Mash or blend ingredients together. Serve with Chapati #52, Special Chapati #53, Puri #54 or Onion Rolls #50.

XI. TREATS

Here goes, watch out!

I. TREATS REQUIRING NO COOKING

#144. FANTASTIC SESAME THING

4 c. sesame seeds	1/3 cube butter
1/2 lb. tahini	1 t. vanilla extract
1/2 c. honey	1 t. dark sesame oil
1/2 t. cinnamon	1/4 t. cardamom
1/2 t. cloves	1/4 t. nutmeg

Roast sesame seeds until golden brown and grind finely in Corona handmill or Japanese suribachi. Melt butter and mix in with all ingredients. Put in a shallow tray 3/4-1 inch deep. Cool in refrigerator and serve.

#145. CREAM CHEESE AND DATE BALLS

cream cheese	coconut, finely shredded
dates, pitted and chopped	orange peel, grated

Mix thoroughly and roll into 1 1/2 inch diameter balls. Roll in coconut and serve.

#146. CAROB-FRUIT BALLS

2 c. dates, pitted	sesame seeds, roasted
1 c. raisins, seedless	carob powder
1/2 c. walnuts, large	nutmeg, fresh ground
cinnamon	

Chop walnuts, grind dates and raisins. Add as much carob powder as the mixture will hold. Add cinnamon and nutmeg to taste. When dough is stiff, roll into 1 1/2 inch diameter balls. Roll these in roasted sesame seeds and expose to sunlight (but not to hungry ghosts) for several hours to dry slightly. Serve.

#147. PEANUT BUTTER BALLS

1 c. peanut butter	1 c. chopped dates
1/2 c. roasted wheat germ	sesame seeds, roasted
1/2 c. powdered milk	

Mix all ingredients and roll in roasted sesame seeds.

#148. CREAM CHEESE TREAT

Very greed-arousing. Served during Spring Sesshin 1969, this was all that some people could think about for the next six days.

1 lb. cream cheese	2 T. whole wheat flour
3/4 c. chopped almonds	1/2 t. allspice
3/4 c. raisins	1/2 c. coconut, grated
3/4 T lemon rind, grated	

Soften cream cheese in 2 T. warm water. Squeeze everything together in your fists. Roll into 1 inch diameter balls and roll these in chopped, lightly roasted almonds. Serve.

II. TREATS REQUIRING COOKING

#149. ORANGE BREAD

1 orange, medium size	1 c. whole wheat flour
2/3 c. dates, pitted	1 c. unbleached white flour
1/2 c. walnuts	1/4 t. salt
2 T. butter	1/2 t. baking soda
1/2 c. hot water	1 t. baking powder
1 egg, beaten	1/4 c. honey

Cut whole orange, peel and pulp, in 6 or 8 sections. Put sections, dates and nuts through food chopper. Add to hot water and butter. Pour in well beaten egg. Sift flour, salt and baking powder and baking soda. Add with honey to fruit mixture. Bake in well greased loaf pan for 1 hour at 350 deg. Cool before slicing.

#150. BANANA BREAD

1 c. raisins	1 egg, beaten
1/2 c. chopped nuts	1 c. whole wheat flour
1/4 c. oil	3/4 c. unbleached white flour
1/4 c. honey	2 t. baking powder
3/4 t. lemon rind, grated	1/4 t. baking soda
3 bananas, ripe	

Blend oil, honey, and lemon rind until smooth. Add other ingredients and blend until smooth. Bake at 350 for 1 hour until done.

#151. APRICOT BREAD

1 1/2 c. whole wheat flour	1 c. broken nut meats
1/2 t. salt	1/4 c. honey
1 t. soda	1 egg.
1 1/2 c. unbleached white flour	3/4 c. cooked, mashed apricot pulp
1/4 c. oil	1 c. buttermilk
rind of 1 orange, grated	

Mix all ingredients, folding in broken nut meats and orange rind at the end. Preheat oven to 350 deg. and bake in an oiled loaf pan for 75 min.

#152. PIE CRUST

2 c. whole wheat flour	1/2 t. sea salt
2 c. unbleached white flour	grated orange peel, opt.
3/4-1 c. corn and sesame oil	

The more oil, the flakier the crust. Mix flours, salt and orange peel in a large bowl. Mix in the oil with your hands until the dough forms a ball. The secret of a good pie dough is ice-cold water. Add water, mixing with your hands to earlobe

consistency. Add just enough water to make dough come away from sides of bowl, no more no less. Do not knead too long. Let stand 30 minutes before rolling out.

#153. APPLE TURNOVER WITH LOVE

Filling:

2 apples	$\frac{1}{4}$ t. vanilla
1 c. raisins	cinnamon sticks
$\frac{1}{4}$ c. whole almonds, toasted	(cold night air during
$\frac{1}{4}$ c. sweet white rice	winter Sesshin)

Roast and grind sweet white rice for thickener and sweetener. Place in a pan with raisins and cinnamon sticks, cover with water, bring to a boil and simmer 30 min. Quarter apples and slice across sections very thinly. Cover with water, add cinnamon sticks, bring to a boil and simmer 5-10 min. When apples are still firm, remove from stove, strain off water and save. Mix apples, raisins, rice cream and vanilla.

Make pie crust as in #152 but use the water from the boiling apples, after cooling it, to make the dough. Roll out dough as thin as possible, brush top with 1 part sesame oil, 1 part corn oil. Fold whole sheet of dough in half and roll a little more. Brush again with oil. Fold in half once more (giving four layers) roll out again and brush with oil. Cut dough in 6 inch squares, fold diagonally, spoon in filling and add 3 whole almonds to each turnover. Press edges closed with fingers.

Make glaze of 1 part egg to 1 part water. Mix and brush on. Sprinkle each turnover with poppy seeds or sesame seeds and bake on a greased cookie tin at 450 deg. for about 20 min. Watch carefully since they burn easily.

For alternate fillings use azuki filling as in #154 or vegetable filling as in #71. Also try filling of onions and tamari.

#154. SMALL AZUKI PIE

azuki beans	diced walnuts
diced apples	honey
cinnamon	pie crust

Prepare pie crust as in #152. Pressure cook azuki beans as in #88. Mash azuki beans then reheat for 30 min. with apples. Add honey and walnuts. Prepare turnover as in #153 adding azuki filling and baking. Alternatively, roll out thin pie crust in small disposable pie tins and bake in oven at 400 deg. until brown around the edges. Pour in filling to fill shell and bake at 350 deg. for 10-15 min. until thick. Put half a walnut on top and serve.

#155. PUMPKIN PIE

1 pumpkin, medium size	$\frac{1}{2}$ t. sea salt
apple juice	1 t. vanilla
1 egg, separated	oil
2 T. tahini	allspice to season

Cut pumpkin into small pieces, saute in oil, cover with apple

juice, add salt and cook until soft. Add egg yold, tahini, vanilla and allspice and mash all together. Beat egg white until fluffy and fold into pumpkin mixture. Roll out thin pie crust #152 and bake in pie tin in oven at 400 deg. until brown around the edges. Pour filling into shell and bake at 350 deg. for 15-30 min. until thick. Use the pumpkin seeds prepared as Hors d'oeuvres prepared as follows.

#156. PUMPKIN SEEDS

Wash seeds, dip quickly in very salty water and roast until slightly brown in an open pan in the oven; or fry in a medium amount of oil and a pinch of salt. Said to help repel parasites, especially tapeworm.

#157. APPLE STRUDEL

apples
tahini
almonds
raisins
cinnamon

orange peel, grated
vanilla powder
egg
pie crust.

Prepare pie crust as in #152. Roll out pie dough in a large rectangle to 1/8 inch thickness. On it spread tahini mixed with an equal amount of water. On top of this place an even layer of sliced apples, roasted and crushed almonds, raisins, and grated orange peel. Sprinkle with vanilla powder. Fold the rectangle three times as if you were folding paper to put in an envelope. Pinch edges closed with a fork. Brush top with a mixture of egg yolk and 1 t. water. Sprinkle cinnamon without (and within). May sprinkle crust with poppy or sesame seeds. Bake at 375 deg. for 45 min.

#158. APPLE CRISP

3½ c. toasted rolled oats
1 c. whole wheat flour
½ c. barley flour or brown
rice flour (toasted)
¼ c. wheat germ, opt.

3-4 t. sesame oil
1 t. salt
4-5 apples
1 t. cinnamon
2 t. lemon

Cut apples into eighths (wedges). Boil these in a little water with salt until they start to soften but are not cooked. This keeps their sweetness. Save the water. Mix oats with flours, salt, (wheat germ) and rub in sesame oil. Add apple water and mix as little as possible to avoid creating gluten which makes the flour rise. Do not knead. In a large tray or pan, put a thin layer of this batter on the bottom. Add cinnamon and lemon to apples and carefully lay a single layer on dough surface. Then add the rest of the batter in a thick layer on top. Brush some of the thickest puree from the boiling apples on top for glaze. Bake for about 30 min. at 350 deg. Check often to prevent burning. For a variation, put all of the crust on the bottom with only filling on top.

#159. ONION ROLLS

Onion rolls #50 make a nice treat

#160. OATMEAL COOKIES

1 c. whole wheat flour	1 T. sesame seeds
$\frac{3}{4}$ c. uncooked rolled oats	raisins
$\frac{1}{2}$ t. salt	almonds
$1\frac{1}{2}$ T. corn oil	

Soak raisins in hot water or sake. Thoroughly mix flour, oats, salt, and sesame seeds. Patiently rub in oil until well distributed. Chop finely raisins and almonds and mix in. Add enough water to make a stiff batter; the stiffer the batter, the chewier the cookies. Stir clockwise slowly. (All circumambulation is done clockwise.) Bake on an oiled cookie sheet at 350 deg. for 30 min.

#161. SESAME TOFU

A Tassajara treat favorite that tastes like halvah

1 c. tahini	1 c. cornstarch or arrowroot
$\frac{1}{2}$ c. honey	$\frac{1}{2}$ c. chopped nuts
5 c. water	$\frac{1}{2}$ c. chopped raisins and dates
2 T. cinnamon	4 t. nutmeg
1 t. coriander	

The nuts and fruits are optional. Mix all ingredients and heat to a boil stirring constantly. Continue stirring at low heat for 30 min. Pour into pans 1 inch deep, cool and serve.

#162. CAROB-DATE HALVAH

6 c. sesame seeds, roasted and ground	$\frac{1}{2}$ c. carob flour
$\frac{1}{2}$ lb. dates finely chopped	2 T. whole wheat flour
$\frac{1}{4}$ c. honey	2 T. hot water
	$\frac{1}{2}$ c. chopped nuts

Dissolve carob and dates in hot water. Mix ingredients to make very thick dough. Bake 1 inch deep at 300 deg. for 45 min.

#163. NUT AND SEED LOAF

Also served with dinner.

$1\frac{1}{2}$ c. almonds	3 c. ground sesame seeds
1 c. sunflower seeds, roasted	1 onion
$\frac{1}{2}$ lb. mushrooms	1 carrot, large
6 c. breadcrumbs	$\frac{1}{2}$ c. miso
2 eggs	$1\frac{1}{2}$ c. milk, optional

Saute onions, mushrooms, carrots, breadcrumbs, and almonds in that order until done. Add roasted sunflower seeds. Add miso, milk and eggs to make a crumbly dough. Bake at 350 deg. for 20-30 min. in 2 inch thick loaf.

#164. OATMEAL-SESAME CRISPS

$1\frac{1}{2}$ c. rolled oats	2 T. milk, dry
$1\frac{1}{2}$ c. whole wheat flour	1 t. cinnamon
$\frac{1}{4}$ c. honey	$\frac{1}{2}$ t. salt
$\frac{1}{2}$ c. oil	$\frac{3}{4}$ c. sesame seeds
1 egg, beaten	$\frac{1}{2}$ c. raisins, chopped

Mix together with a little warm water. Drop onto oiled cookie sheet or spread $\frac{3}{4}$ inch deep in shallow tray. Bake at 375 deg. for 10-12 min.

#165. APPLE-NUT LOAF

2 c. whole wheat flour	$\frac{1}{2}$ c. dates
$1\frac{1}{2}$ c. raw apples, grated with skins on.	$\frac{1}{2}$ t. rum extract
$\frac{1}{2}$ c. coconut	1 t. vanilla extract
$\frac{1}{2}$ t. salt	1 T. orange or lemon rind
2 eggs, beaten	1 T. orange or lemon juice
$\frac{1}{4}$ c. oil	$\frac{1}{2}$ c. coarse chopped nuts
$\frac{1}{4}$ c. honey	$\frac{1}{4}$ c. sweet cider or water
	1 T. dried yeast

Mix and put in oiled loaf, placing in a warm location to rise for 30 min. Bake at 350 deg. for 40 min, 1 inch deep.

#166. TOP OF THE WALL COOKIE

This treat was served the day we poured the concrete cap on the new stone kitchen at Tassajara, late in the fall of 1968.

3 c. whole wheat flour	3 oz. semi sweet chocolate bits
1 c. barley flour	$\frac{1}{2}$ T. cinnamon
$1\frac{1}{2}$ c. rolled oats	$\frac{1}{2}$ t. ginger
$\frac{1}{2}$ c. gomasio	1 c. sesame oil
$1\frac{1}{2}$ c. whole almonds	2 T. honey
$1\frac{1}{2}$ c. dates	$\frac{1}{2}$ t. cloves
4 eggs	$\frac{1}{4}$ t. mace
peel of 1 lemon	

The chocolate is optional. Toast almonds in pre-heating oven. Chop dates and mix with whole wheat flour. Beat oil and honey with eggs. Stir in everything and spread on a greased pan. Sprinkle cinnamon on top. Bake for 20 min. at 350 deg.

#167. COCONUT-DATE COOKIES (Makes 4 dozen)

2 c. whole wheat flour	$\frac{1}{2}$ c. coconut shreds
2 c. rolled oats	$\frac{1}{2}$ c. nuts, chopped
$\frac{2}{3}$ c. sweet cider	1 c. dates, pitted, chopped
$\frac{1}{2}$ c. corn oil	$\frac{1}{2}$ t. salt
$\frac{1}{4}$ c. honey	1 t. pure vanilla extract

Blend honey and oil. Add other ingredients. Drop by teaspoonful onto lightly oiled cookie sheet. Bake at 350 for 10-15 min.

At the end of each breakfast and lunch, we end the chanting:

"May we exist in muddy water with purity like a lotus.
Thus we bow to Buddha."

Mix together with a little warm water. Drop onto oiled cookie sheet or spread $\frac{3}{4}$ inch deep in shallow tray. Bake at 375 deg. for 10-12 min.

#165. APPLE-NUT LOAF

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$\frac{1}{2}$ c. coconut	1 t. vanilla extract
$\frac{1}{2}$ t. salt	1 T. orange or lemon rind
2 eggs, beaten	1 T. orange or lemon juice
$\frac{1}{2}$ c. oil	$\frac{1}{2}$ c. coarse chopped nuts
$\frac{1}{2}$ c. honey	$\frac{1}{4}$ c. sweet cider or water
	1 T. dried yeast

Mix and put in oiled loaf, placing in a warm location to rise for 30 min. Bake at 350 deg. for 40 min, 1 inch deep.

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$1\frac{1}{2}$ c. whole almonds	2 T. honey
$1\frac{1}{2}$ c. dates	$\frac{1}{2}$ t. cloves
4 eggs	$\frac{1}{4}$ t. mace
peel of 1 lemon	

The chocolate is optional. Toast almonds in pre-heating oven. Chop dates and mix with whole wheat flour. Beat oil and honey with eggs. Stir in everything and spread on a greased pan. Sprinkle cinnamon on top. Bake for 20 min. at 350 deg.

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