

French Meadows Cookbook



Julia Ferré

**with Cornellia Aihara, Annemarie Colbin, PhD, Rebecca Wood,
Meredith McCarty, Yvette DeLangre, Laura Stec, David and
Cynthia Briscoe, Bob Carr, Lenore Baum, Dawn Pallavi, Melanie
Waxman, Susanne Jensen, Packy Conway, Barb Jurecki-
Humphrey, Lisa Valentine, and Ginat and Sheldon Rice**

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Preface

French Meadows Summer Camp is the classic macrobiotic summer camp. Held in the majestic Tahoe National Forest of Northern California, the camp runs for 10 days in late July of each year and celebrates the community of life experienced by young and old alike.

Adults, parents with babies and toddlers, teenagers, and senior citizens join together in the great outdoors, living under the sun and the stars and eating wholesome nourishing vegan macrobiotic food cooked over open-wood fires at 5300 feet elevation.

The camp at French Meadows started in 1970 and has continued consecutively at the same campground since—2009 marks the 40th year. The very first macrobiotic summer camp held in the United States dates from 1960 where George Ohsawa was the featured teacher. 2009 commemorates 50 years of “Ohsawa-style” camps in the United States—camps where participants come to heal, rejuvenate, learn, and live in Nature.

People heal because of direct immersion in Nature, daily nourishing food, and avoidance of the trappings of modern life such as pollution, stress, electromagnetic fields, and junk food. People rejuvenate because there is enough time in the great outdoors to affect a change. Ohsawa stated in many of his books that blood quality could begin to change in as little as 10 days; thus he established camps as a way for people to do so. People learn at camp because of this experience and also at lectures, in discussions, and through camaraderie.

At camp, people live amidst a community of like-minded people. What could be more supportive, not to mention fun, as all the other joys of camping surface!—the campfires, the dancing, the comic everyday

habits that endear us to each other.

We at the George Ohsawa Macrobiotic Foundation honor George and Lima Ohsawa and Herman and Cornellia Aihara for their belief in the power of macrobiotics and for their commitment to establishing camps to realize this power. To recognize the 50th-year milestone, we are pleased to present this collection of recipes from camp. In this volume are menus and recipes from Cornellia Aihara, the originator of the camp kitchen; menus and recipes from the current staff and camp kitchen; and recipes from an impressive list of teachers who have presented classes at French Meadows over the years.

To those of you who have been at camp and to those of you who have always wanted to come, we dedicate this cookbook.

Julia Ferré—March 2008



Julia Ferré at the 2007 French Meadows Camp

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Bob Carr Cooking at the 2000 French Meadows Camp

Introduction

Camp, like all of life, has evolved. From the beginning days in 1970 through the 80s and 90s and into the fourth decade, a unifying thread connecting all the camps remains constant—vegan macrobiotic food is served to heal, nourish, and satisfy. Camp food has provided a tapestry of experience; however, the specific menus have changed over the years.

Cornellia Aihara established the camp kitchen. She cooked fresh foods over wood-burning fireplaces each day and served a traditional Japanese macrobiotic menu—miso soup, brown rice, pickles, and vegetables cooked a long time and often seasoned with soy sauce. In 1998, Cornellia attended camp on vacation. Laura Stec headed the kitchen that year and the next. Bob Carr led the 2000 camp kitchen and in 2001, Packy Conway and Susanne Jensen began as lead cooks. They continue to provide the best in macrobiotic camp meals.

In 1998, I had the job of buying food for camp. I expanded Cornellia's outline of menus and adjusted them to include more protein and variety. Laura Stec asked for fresh herbs and greens and delighted campers with new recipes, most notably pesto and gourmet salad dressings.

The menu plan evolved due to recommendations from Bob Carr, who suggested that I elaborate the recipes to help save time for the cooks. This outline expanded into a book as I figured quantities, converted pounds into cups, and outlined the nutrition of each meal. Further refinements continued each year as Packy Conway and Susanne Jensen provided feedback about the ease of recipes and how they actu-

ally worked in the great outdoors. Each year, we attempted new recipes, some to remain, others to go into the archives.

Two other people influenced the content of the menu plan: Annemarie Colbin and Rebecca Wood. Annemarie attended camp in 1996 and lectured on nutrition. She talked of balance; of incorporating carbohydrates, proteins, and fats in meals; and of recognizing cravings and deficiencies. At the time, I headed the children's program at camp and witnessed how they reacted to food at camp. Kids are hungry at camp, especially because they play out of doors all day long. We provided a mid-afternoon snack for children but I observed that there were some kids who didn't eat at mealtimes or ate only the rice or fruit. After hearing Annemarie, I became insistent on providing more nutritious snacks for children. Later, when I compiled the menu plan, I consciously planned the menus to include complete nutrition for all campers.

Likewise, Rebecca Wood inspired me. Rebecca came to camp in 1998 and 1999. She lectured and gave cooking classes, both to adults and to kids. Rebecca discussed the importance of rotating grains, beans, and vegetables, and emphasized the inclusion of quality fats and oils in cooking, especially for growing children. After spending time with Rebecca, I reworked the menu plan to include greater variety in these staple foods. In addition, I switched to better oils in my own kitchen and sought to purchase higher quality ones for camp.

Just as camp has an evolution so it has a rhythm. All events have rhythm—that is, start up, progression, highlight, and then closure. French Meadows camp has a year-long rhythm that begins in the office of the George Ohsawa Macrobiotic Foundation. At camp, and in regards to the menu plan, the rhythm starts with the arrival of the staff on the first day, when tents and the various areas are set up. Campers arrive a day or two later and the energy changes as everyone greets each other and gets settled. As the days of camp tick off one by one, certain “energies” emerge—the days of the hikes, the days when special lecturers speak, the days of cooking classes, the days of the variety shows. All of these events have a bearing on the menu plan. While some may consider this to be a subtle factor, I can identify this pattern each year and admire how each person, each event, and each meal coordinate to

provide an enriching overall macrobiotic camp and community event.

As you look over the menu plan on pages 126-136, note that these “energies” are labeled at the top of the page—they are fun headings I placed there to help others recognize the patterns I have observed over the years.

This menu plan is from 2008. It retains most of Cornelia Aihara’s important features—miso soup every day, whole grains and beans, and fresh vegetables. Some recipes are from her directly such as her “Five-Taste Rice”; other recipes are from her inspiration, such as the inclusion of pickles at each meal. The recipes in the following chapters are the ones that are most requested by campers.



Susanne, Julia, and Packy at the 2004 French Meadows Camp



Recipes from **Bob Carr**

PARSNIP DELIGHT

- 2 to 3 parsnips, cubed**
- water**
- 2 to 3 onions, sliced**
- safflower, olive, or coconut oil**
- 2 Tbsp tahini**
- 1½ Tbsp brown rice vinegar**
- ¼ to ½ tsp sea salt**
- ¼ cup finely cut fresh parsley or 1½ Tbsp dried parsley flakes**
- 1 cup sweet brown rice flour**

Place parsnips in pan with water to cover. Bring to a boil and simmer for twenty minutes or until tender, adding water as it boils away. Meanwhile, in a large frying pan, sauté onions in oil till clear, then add water to cover and simmer. Add tahini, brown rice vinegar, the cooked parsnips and cooking liquid, sea salt, and parsley. Then sprinkle sweet brown rice flour over all ingredients and mix. Stir gently until cooking liquid thickens, about 3 minutes.

QUICK HORS D'OEUVRE: AVOCADO SAUERKRAUT TOAST

- tahini**
- sauerkraut**
- avocado**
- 100% sour dough rye bread**

Toast bread (any bread will do, if sour dough rye is unavailable). Spread a thin layer of tahini evenly on surface of toast. Crush about ¼ meat from avocado with tines of fork and spread on toast with tahini spread. Cover with thin layer of sauerkraut. Cut toast 3 x 3 to make 9 servings.

QUICK SUMMER PICKLES

Pour shoyu into a glass peanut butter size jar until ¼ full, add an equal amount of brown rice vinegar (Genmai Su). Submerge slices of onion, Chinese cabbage, and any other veggies you want. Let set at least an hour, rinse and serve. The finer you slice the veggies, the quicker they pickle. If you want to make the pickles and serve them a day or more later, use bigger slices. It's that simple.

KUZU COMPOTE: SIMPLEST, QUICKEST DESSERT IN THE WORLD

2 cups pitted prunes (or dried apples, peaches, or other fruit)
1½ tablespoons kuzu
1 cup of cold water

Place pitted prunes (or dried apples, peaches, or other fruit) in a sauce pan and cover with water. Bring to a boil, then simmer until fruit is completely softened—about 6 to 8 minutes. Meanwhile, dilute kuzu in a cup of cold water and stir until completely dissolved. Bring heat under softened fruit back up to high and add diluted kuzu and water, stirring constantly. When the milky kuzu mixture starts to thicken, boil and turn translucent, simmer for one minute more, stirring continually. Serve hot in winter or let cool for summer. This can also be used as a topping for muffins, couscous cake, or a spread for toast.

MACRO HALVAH

1 cup whole wheat flour (roasted until golden)
1 cup tahini
3 Tbsp maple syrup
½ tsp vanilla extract
3-4 pinches sea salt
10 roasted almonds

Roast one cup fresh ground whole wheat flour until golden (not quite brown, definitely not dark brown). It's okay if you don't have fresh ground flour, use organic whole wheat bread flour.

Mix tahini, maple syrup, and vanilla. Mix whole wheat flour and sea salt. Combine and press into flat cookie sheet. Cut into squares and push a roasted almond into each halvah square.

QUICK-AND-EASY TANGY COLE SLAW

½ head cabbage

¼ tsp sea salt

1 to 2 small carrots

**1½ to 2 Tbsp Vegemise or Nasoya salad dressing
(creamy dill)**

1 small lemon, juiced

Grate cabbage, sprinkle with sea salt, then mix and squeeze cabbage by hand. Grate carrots and mix with cabbage. Mix Vegemise or Nasoya salad dressing and juice from lemon. Let set for 10 minutes, preferable in refrigerator if hot weather.

*Bob Carr has over 35 years of macrobiotic teaching and counseling experience. He founded the East West Center of Cleveland, as well as the Cleveland Tofu Company. Author of *The Energy of Food*—sorry, only currently available in the Czech language—and editor of the *Macro News Letter*; Bob has taught macrobiotics throughout Europe, Asia, Australia, Canada and of course the USA. He was a director of the Kushi Institute of Germany, as well as having taught at the KI in Becket and Japan. Along with lecturing and counseling at French Meadows, he highly enjoyed being head cook one year and didn't burn the beans or set the woods on fire. He is currently researching Parkinson's disease from all angles—a very macro approach.*