

# Veggie Sidedishes

## Basic Daikon

1. Boil daikon until soft. Thick pieces take a lot of time to get soft...
2. In other pot boil water, salt, sugar, kombu powder (seaweed and salt) or just a piece of kombu, mirin, soy sauce.
3. Put in boiled daikon and boil more.

## Daikon Miso Sauce (*Domyo*)

This is a sauce to put on plain boiled daikon. You can also boil daikon with only a little sugar for a really long time and serve it plain for a delicious simple dish.

1. If you have sweet miso from o-sesshin use it, otherwise use normal miso.
2. Blend miso with a little mirin (not too much or it will taste bad, like alcohol)
3. Add a lot of goma
4. Cut up 3 limes and add the whole thing, including peel
5. You can use kinkan also, or kinkan and lime. If you have neither of these, you can use the citrus shoyu stuff that's in the kitchen or wanzubeya

The special trick that the Japanese use is to cook the miso after you add all these things. This will make the flavor deep.

## Carrot Dish (*Enen*)

1. Cut carrots into pieces like French fries and steam until just done. Stir in a little salt.
2. In blender mix tofu, goma, mirin, goma oil, vinegar, sugar, and soy sauce
3. Stir dressing over cooked carrots

## **Cold Summer Steamed Eggplant (*Ekei*)**

1. Cut eggplant in half and steam until really soft
2. Put in bowl and add enough vinegar so that each eggplant is coated.
3. Add enough sugar so that the vinegar isn't aggressive.
4. Add a little drop of soy sauce and goma oil.
5. Cut up shiso very small and sprinkle on top. Can also use a different fresh green spice, like basil etc.
6. Put in fridge

## **Eggplant Pepper Miso**

1. Fry big chunks of peppers in oil with some salt and put aside
2. Fry big chunks of eggplant in oil and after a while add a little water to prevent sticking. Add salt and put lid. Stir sometimes.
3. When eggplant is completely soft, add blended miso, vinegar, usukuchi and mirin.
4. Add peppers and fresh basil

## **Potato, Carrot, Age Side Dish (*Masako*)**

*Officially meat dish*

1. Fry onions
2. Add age, carrots and keep frying for a while
3. Add water, mirin, both shoyu, sugar
4. As soon as the carrots get a little cooked, add potatoes (and daikon, turnips, whatever you have) fry a little while
5. Add water, enough that potatoes are just under water
6. Add soy sauce and/or mirin if needed to taste. The taste need to be a little strong to make sure the vegetables get the taste.
7. Boil until the potatoes (and other vegetables) are done
8. Turn off the fire and let stand. Potatoes will give their starch and make it thick. If no time, add potato starch
9. Add konyaku if you like, which is added at the last moment (konyaku must be boiled for 5 minutes separately first)

## **Spicy Gobo (*Sokun*)**

1. Wash gobo using metal scrubber on skin, roughly, and then cut in small chunks.
2. Soak gobo in water immediately after cutting or it will turn brown.
3. Heat up a mixture of goma oil and regular oil. Use more than for stir frying but not too much. It should fill the bottom of the pan and be a little less than 1 cm deep.
4. Drain gobo and pour in hot oil
5. Because gobo is wet, there will be water in pan with oil. When water is almost gone, gobo is done cooking. If using carrots, add grated carrots just before water is gone from pan.
6. Finally, spice with usukuchi, koykuchi, mirin (or sugar), and shichimi spice (this is the red, spicy, sprinkly one in the spice cupboard).

## **Green onions/Negi with Dressing**

1. Boil big chunks of negi for 1 minute and cool under cold water
2. Mix miso, sugar, and vinegar in a bowl
3. Cut negi in bite size pieces
4. Put wakame in a bowl with water for 10 minutes so it gets soft and cut in pieces
5. Put negi and wakame in bowl and dress with miso vinegar sauce

## **Milk and Cabbage (*Masako*)**

1. Melt margarine and add ginger and onion and fry (in the wok)
2. Add carrots (and preboiled pieces of potatoes or small pieces of potatoes if you like)
3. Add big chunks of white part of hakusai
4. Then green part of hakusai.
5. In a bowl mix flour and milk. (If it is too thick, it will burn.)
6. Add to the veggies as soon all the veggies are soft
7. Add kombu powder and salt and as soon as its is getting creamy, turn off fire.
8. Heat up again before eating and add starch if necessary

# Tofu dishes

## Gluey deep-fried big Tofu chunks *(Masako)*

1. Cover whole blocks of tofu with salt and leave for a while (half an hour) to get water out.
2. Cut in blocks.
3. Coat evenly in dry potato starch.
4. Deep fry until nice color (high flame). Put on newspaper to get oil out.
5. It can be served cold with warm sauce, but it can also be kept warm in the oven on a low temperature.

### Sauce

1. Fry very small pieces of onion carrot, shitake, and put aside
2. In pot mix soy sauce and mirin and water (flavor to taste)
3. Add fried veggies
4. Add starch until thick

Pour warm sauce over tofu blocks.

## Mashed Tofu Salad *(Masako)*

1. Cover whole blocks of tofu with a little salt and leave for a while (half an hour) to get water out
2. Mash/blend tofu until it is smooth
3. Boil large pot of water with salt
4. Fill a bowl with ice water
5. Cook spinach in boiling salt water for 2 minutes then plunge in ice water
6. Drain and squeeze out extra water
7. Blend goma and add it with sugar, mirin, soy sauce and tofu to the spinach.
8. Add more salt if necessary

## **Tofu Dish – *Mapo-tofu* (Sokun)**

1. Tofu block in hand. Cut in half of the block's height, then 3 cuts lengthways and 4 cuts in width. Put blocks in a sieve and keep for an hour until water is out
2. Cut veggies really small. onion, age, negi, shitake, carrots, ginger and a pickle that looks like a brain if you have it (it's called "zasai").
3. Lots of oil in wok and fry ginger in salt until you really have smell of ginger.
4. Add zasai and fry a bit.
5. Then add rest of vegetables.
6. Sugar, both soy sauces, mirin, pepper, red pepper paste, age.
7. Add water so everything is swimming a bit.
8. Mix potato starch with cold water, salt and pepper in a bowl.
9. Add tofu in wok and carefully stir.
10. Slowly and carefully put starch mix in *wok*.

## **Yo-Doughfu (Tofu, Plain, Boiled)**

1. Hot water with kombu and a little salt, bring to boil.
2. Tofu is cut in 4 pieces.
3. Put tofu in hot water and boil on high for a few minutes.
4. Serve with dashi, goma, negi, nori, daikon, ginger
5. Can be served cold as well (let it cool down after boiling).

# Fried dishes

## Flemish Potato Fries (*Sochu*)

For these fries its best to use big potatoes. Red potatoes are not so good. Small potatoes are okay, but if moldy better not use for this recipe. If you use big potatoes, use about 2 per person. With small potatoes use about 5 per person. People really eat a lot, so you can use even more than this. The taste of fries is best if you peel the potatoes, but the skin is healthy if you want to leave it. Also peeling takes a very long time so for small potatoes it's almost impossible.

1. Wash and peel potatoes
2. Cut big potatoes in about 8 pieces and small in 4 pieces. Pieces should be between 1 1/2 to 2 cm thick for Flemish fries.
3. Cook potatoes in boiling water. If you want very soft fries, cook longer. Cook a little less for a bite in the middle, but still cook well. Keep a good eye on the boiling potatoes because the pieces are small enough it doesn't take long for them to cook.
4. Pour cooked potatoes in strainer and let sit about 1/2 hour.
5. In big pot heat up 2 liters of oil very hot. The best is to use clean oil. Check the temperature of the oil using a piece of potato to see if it bubbles enough. It should be over 200 C.
6. Fry the fries not too many at a time. If you use too many it will cool the oil down and then won't get crispy. For this reason it really takes a long to do the frying, up to 1 1/2 hours.
7. When some of the potatoes start floating, it means those ones are done. Check the other ones by intuition. Frying time can really vary. It can take up to ten minutes, but if potatoes are very cooked when you start it can take a lot less..
8. Put finished fried in a oven pan with newspaper inside it. Don't cover the top with newspaper or it will make the fries less crispy.
9. At the end add some salt on top, but take out a few to save for Chisan first.
10. Serve in bowls not pan because otherwise people can get really greedy. use small side dish spoons for scoops. Also, put a few fries aside for yakuseki, otherwise you won't have anything left.
11. Best served with ketchup and mayonnaise.

## Honduran Taco Potato Rice (*Raine*)

1. Wash daily portion of white rice and put in strainer until completely dry (about 2 hours).
2. Cut potatoes in small pieces and fry in wok in oil, salt and pepper just enough to flavor potatoes, not cook them.
3. Add uncooked rice to wok and cook on medium heat, stirring constantly for a short time, until rice kernels begin to get a little bit clear from the oil.
4. Then return rice to rice cooker and add water and cook as usual.

## Special Rice (*Sokun*)

1. Cut carrot, age, gobo, shitake in small pieces
2. Heat a lot of goma oil
3. Fry shitake few minutes
4. Add tablespoon salt
5. usukuchi and koykuchi and mirin
6. Add gobo
7. Add carrots and stir and fry until water is out of gobo and carrots
8. Add Soy sauce and mirin and usukuchi
9. Add age and stir
10. Taste can be very strong because it will be added but not too strong
11. Ten minutes before putting fire on, mix veggies with rice and stir

If you mix these vegetables with konyaku, you have a nice side dish. Use less soy sauce if doing it this way. Before using konyaku cut strips in it and boil for 5 minutes.

## Tempura

1. Slice vegetables not really thin but not too thick (squash, sweet potato, onion) egg plant can be in bigger pieces. Small peppers must have small cut to let air out, otherwise they burst.
2. In bowl with sliced veggies add flour and mix so the veggies are all covered with flour.
3. In another bowl make a mix with flour, salt, (officially egg but without is also ok), and ice water. Don't mix well at all! Just stir a little with two chop sticks a few times. Then add a few ice cubes in the water (when it goes really cold in the oil it closes quickly and keeps veggies from getting greasy). Batter has to be thick enough to really stick on veggies, but not so thick that huge pieces are on it.
4. Oil on high fire
5. Dip veggies in batter and hit twice on edge of bowl to get off extra batter.
6. Put in oil and fry and take out before it gets brown. Put on newspaper and let it cool down.
7. Fry again until brown.
1. You don't have to do it like this. You can just do it in one shot too, hit with a chop stick, and when it sounds hollow, it's done.
8. Serve with macha mixed with salt and also soy sauce.

**For mixed tempura, for example: onion, gobo, sweet potato, carrot.**

1. Cut in thin strips.
2. Mix with flour and salt. Then add ice water and flour carefully until you have a good thick batter.
3. With a table spoon take a scoop and using another table spoon scrape it into hot oil. If you dip spoon in oil first, it doesn't stick so much.

# Veggie Breads

## Pizza (*Genshin*)

1. Mix yeast, water and sugar in bowl and wait 10 minutes
2. Add flour and stir until you can't keep stirring.
3. Knead dough with lots of power in bowl for 10 minutes
4. Cover with a damp cloth and put in a warm but not hot place until dough is double in size.
5. Punch air bubbles out of bread with your fist.
6. Grease 3 or 4 large baking bans.
7. Using flour underneath and on top to prevent sticking, roll dough into large rectangles. You can pick up the rectangles and throw them around to make them bigger.
8. Put dough on baking trays and make edges bigger
9. Cook dough at 190 °C (375 °F) for about 10 minutes (or less)
10. Very thinly slice : potatoes, onions, zucchini, tomato, pepper, pineapple, pumpkin, or what you want.

20 cups flour
3 T yeast
5 T oil
5 t salt
2 T sugar
6 ½ cups warm water

### Sauce

1. Chop up as many onions as you can and fry in a little butter or oil with salt and pepper.
2. If you have carrots, mushrooms, peppers or other good sauce things, add them.
3. Add fresh tomatoes or large can of tomatoes.
4. Once boiling, add more spices as you like, for example: oregano, sage, thyme, parsley.
5. Let sauce cool and spread evenly on cooked crusts, especially on the edges.
6. Put some grated cheese on pizza, not forgetting the very edge, especially
7. Put down sliced potatoes and zucchini first, laying each piece nicely and flat.
8. Put on other veggies and then more cheese
9. Bake at 200 °C (400 °F) until cheese looks how you like it (should be at least 10 to 15 minutes if veggies are raw)
10. If possible let cool a little before cutting
11. Cut using pizza cutter, knife, or scissors (which work amazingly well).

## Steam Rolls and Filled Steam Rolls (*Sokun*)

1. Small bowl with lukewarm water with 1.5 tablespoon yeast and a little sugar
2. Put in a warm place
3. Take a big metal bowl of flour, a little bit of salt and a little bit of sugar
4. Slowly add plain lukewarm water and then use yeast water and knead as you go. If feels like it stays dry, but just keep kneading the whole thing, in all directions. It feels really dry, but as you keep kneading it will get more wet, so do not add too much water too quickly! Keep going until it becomes the consistency of an ear lobe. It takes really a long time using really a lot of power. If dough gets too cold, put bowl in another bowl of warm water and keep kneading. Keep kneading until finished.
5. Put damp cloth on top and leave for 2 hours.
6. Cut vegetables for filling in very small parts. Anything, but not too wet (cabbage, onion, carrot, age). Sokun cuts very small, minced even (not tomato, spinach, etc.)
7. Fry veggies in oil, salt, goma oil, mirin, usukuchi. If any liquid remains, add starch. Let cool down.
8. After dough is ready, knead it again, really strong and long. Keep it in a ball. Cut two slices and roll into snakes. Keep the rest warm under fukin. (Dough can be kept warm on steamer, with no fire, just hot water underneath)
9. Cut 5 centimeter pieces (about 2 inches) \*If at this point you just want steam bread, just place pieces on cloth in steamer for 22 minutes. Pieces cant be too big, because they grow. Not touching pieces. Water below is boiling. Take one out to test.
10. In one movement make a small ball and flatten it with a roller. Center of pancake can be a little thicker. To keep round shape, keep turning dough while flattening it with roller.
11. When you roll, you have some flour on the table to keep it from sticking, but you must be certain not to have any flour on the top of the pancake because then it won't stick when you close it.
12. Fill with veggies. Bring whole circle together at top and pinch closed.
13. Let rest for about 10 minutes.
14. Put breads in steamer for about 17 minutes, beginning with the ones that were rolled first.
15. During the time that you are steaming, keep the lid closed. Don't open to look and check in the middle.
16. When you get them out, put in a bowl, but don't cover with a lid or they will get wet. Just cover with a cloth.

## Quiche

### Dough:

2 cups flour

1 teaspoon salt

2 teaspoon sugar

1/4 cup butter

3 tablespoons water

1. Keep butter cold! - mix ingredients except the water without dissolving them into smooth mass / flakey texture is good/. When you mix in butter use a fork or hands to cut it in, don't stir. - water should be added in the end and dough formed into a ball. (Just enough so that when you squeeze it is becomes a ball, but no more water than necessary)
2. Oil slightly the pan, form the bottom and pre-bake it (optional)
3. Arrange assorted thinly cut vegetables (potatoes, onions, carrots, cabbage ; vegetables like cabbage and onions is good to have pre-cooked so to decrease the volume and increase the flavor) on the pan with the dough
4. 4 eggs whisked, mix with cheese and 1/2 cup of milk, add spices (salt, pepper, herbs)
5. Pour the mixture over vegetables and bake about 1 hour in 180 °C (350 °F)

## Sogenji Bread aka Kosho Pan

*Adapted from "The Tassajara Bread Book"*

This recipe will make 4 good sized loaves, which is enough for 20-30 people to each have a piece. It's usually best to double it if there are more than 25 people.

### Ingredients

- ⌚ 6 cups warm (not hot!) water
- ⌚ 2 tablespoons yeast
- ⌚ ½ cup sugar
- ⌚ 14-16 cups flour. If available, half of this could be whole wheat (brown) flour. The more whole wheat flour the heavier and denser the bread will be.
- ⌚ 2 ½ tablespoons salt
- ⌚ ¾ cup oil
- ⌚ Extra flour for kneading.

### Directions

1. In a large bowl, mix the yeast, water and sugar and set aside for 10 minutes to "proof." It is ready to use when the yeast is foamy.
2. Add the oil and salt to the yeast and mix well. If you are using eggs or milk, now is the time to add them in.
3. Add the flour one cup at a time until the dough comes away from the sides of the bowl and begins to form a loose ball.
4. Lightly flour a large cutting board or clean table. Turn the dough out onto the board and knead it for at least 10 minutes, adding flour as needed to keep it from sticking. In a rocking, circular motion fold the dough over itself and push it down. **Continue turning, folding, and pushing for at least 10 minutes** – you will develop your own rhythm as you go. This is the most important stage in making bread, so don't take a shortcut on kneading. As you work the dough, it will begin to hold its shape and become more firm and elastic. The surface should become smooth and a little shiny. The Tassajara Bread Book has great directions on how to knead dough.
5. Lightly oil a large bowl, at least triple the size of your ball of dough. Put the dough in the bowl with the seam facing up, and then turn the dough over seam side down, making sure the whole surface is coated in oil.

6. Place a damp cloth over the top of the bowl and put it somewhere warm and away from any wind. Let it rise for 1 hour or until the dough has doubled in size. Don't put it directly on a stove or over as the bread will begin to cook if you do.
7. When the dough has risen, take off the cloth and punch it down with your fist 20-30 times.
8. Turn the dough out onto a clean surface and cut into the number of loaves you want. Shape each piece into a ball and knead each one for 1-2 minutes. Then make each ball into the general shape that you want for your loaves and put on a lightly oiled pan. Cover with a towel and rise for another 30-40 minutes. Pre heat the oven at 180 °C (350 °F).
9. When the dough has risen again remove the cloth. Using your hand or a clean brush spread a thin layer of water over the whole surface. The dough should look damp but not soaking wet.
10. Using a sharp knife cut deep slashes into the top of each loaf in whatever pattern you like.
11. Bake at 180 °C (350 °F) for 40-50 minutes. After 20 minutes turn each pan around in the oven so that it bakes evenly. Begin checking the bread for doneness after 35 minutes or so – the Sogenji oven can be unpredictable. To check if the bread is done, tap the bottom of the loaf and listen for a hollow sound. It's done when the crust is solid and you hear a clear hollow sound from the bottom.
12. Remove from the oven and let cool at least 1 hour before cutting.
13. Eat!

### Variations

- ⌚ For a rich, heavy bread that is good for things like cinnamon rolls, add two eggs and substitute half (or all) the water for milk.
- ⌚ Use olive oil whenever possible
- ⌚ Substitute 1 ½ cups of the flour for *ground* flax seed.
- ⌚ Add in leftover rice in place of some of the flour
- ⌚ Other kinds of flour like rice flour, sweet potato flour, spelt etc. can be used in small amounts for flavor and texture, but must be used with regular flour or the bread will not rise.
- ⌚ For French bread/baguettes double the amount of yeast and don't use any eggs or milk. When shaping the loaves (step #8) roll out into a flat rectangle about 2-3 cm thick and the length of the baking pan. Then, roll up the rectangle into a tight tube and shape into a baguette.

# Soups

## Dashi (*Sokun*)

Usukuchi, koykuchi, mirin, kombu (two pieces), dried shitake.

## Temple Soup (*Masako*)

1. Lots of goma oil. Crumble lots of tofu in goma oil and fry and put aside.
2. Cut vegetables in thin strips, except mountain potatoes which can be kept whole, then boiled for 15 minutes, skin removed and then put in soup. Carrots, daikon, gobo, mountain potatoes, age, konyaku (before you use konyaku, boil for five minutes in water to get dirt off)
3. Boil all vegetable and add salt and pepper. When veggies are cooked, add tofu. Then scoop off extra oil from top with a sieve.

# Cold Salad and Egg Side

## Cold Dashi Noodles (*Gensei*)

Very thin noodles on ice plus cold *dashi*, fried egg in thin slices and thinly sliced cucumber and *nori* and ginger and *goma*

## Eggs Pancake Roll Sushi (*Misho*)

1. Mix mirin, sugar, koykuchi (heat until sugar dissolves and let cool)
2. Mix whisked eggs
3. Add thin sliced *negi* (if you have) and liquid
4. Heat of fry pan with oil (including sides)
5. Four large spoons of eggs on hot pan, hold pan up with handle for a little bit, then fold side after pan in flat, then fold again
6. Keep rolling egg as it cooks. Can be rolled when still not done, until you have a rolled pancake. Put in two tissue when hot, and it will finish cooking. When cold, take away tissues and cut in pieces.

Masako-san only adds sugar and salt, puts one spoon egg and roll, then add next egg next to it and roll and keep going until its thick enough. As though first roll is lint collector, and keeps picking up next egg like lint, getting thicker.

## Hisiki salad (small seaweed)

1. Keep seaweed in water for one hour
2. Cut in really small pieces, *age*, carrots, onion or *negi*, ginger, shitake, *konyaku* and you can add cooked soya beans. (You can add whatever you want, like *bokchoy*)
3. Lots of *goma* oil, heated
4. Add ginger and fry with salt. When you smell ginger, then add other stuff.
5. Add carrots, *negi*, *age*, and everything.
6. Two *shoyu* sauces and *mirin* until all cooked.
7. Add *hisiki* (well drained) and also fry for a while.

## **Salad (*Hosan*)**

Grated carrot, cooked broccoli, cauliflower, beans, green beans, radishes, etc. Lettuce and tomatoes.

### **Dressing**

Blend all ingredients in blender. Olive oil, chopped red onion, garlic, salt, pepper, mustard, vinegar

## **Moyashi Wakame Salad (*Masako-San*)**

1. Put *moyashi* in hot water for short time (bean sprouts)
2. Put *wakame* in warm water for 5 to 10 minutes until expands, then cut in strips
3. Add tomato and carrots, crumbled tofu.

## **Moyashi Wakame Salad Dressing**

Vinegar, mirin, sugar, blended miso, goma oil, goma

# Dip and dressings

## Beet Dressing (*Seigen*)

1. Boil beets with skins until completely soft
2. Peel and blend with tofu, goma, oil, mirin, pepper and salt

## Cucumber Dip

Miso, goma, vinegar, mirin, salt

## Green Leaf Dressing (*Myokyo*)

Use whatever green-leaf with a strong taste

**Blend:** oil, vinegar, goma, little sugar, green leaf, goma oil, tofu

## Hummus (*Amos*)

1. To make hummus you have to use your whole being, and there can be no mistakes when you make hummus. If you think you have a mistake, there is always some way to fix it. Second, to make hummus you can use anything. You can use leftovers, even miso soup vegetables because you mash everything together in hummus. However, when you choose the vegetables that you will mash in, its good to choose vegetables that are hummus color, or some color you like because the hummus will turn that color. When you eat hummus with bread you have a complete protein so it is a good meal. Also you can do this with rice. If you put potato inside the hummus then you have a complete protein already in the hummus and you can just eat it with a spoon, but with bread is still good.
2. First soak chick peas or soy beans or both in water for a few hours and cook until very soft. Pressure cooker is good. Chick peas are traditional, but soy beans also work.
3. Keep small amount of soy beans aside and put the rest in a bowl. Put the cooked vegetables that you want to mash in a big bowl. Root vegetables are best for the veggies, for example potato or carrot.
4. In a separate bowl, mix tahini with water until it is the texture of cream and so that when you taste it you want to just keep eating more. If you don't have tahini you can just mix goma and tofu. Even if you have tahini you can still add tofu and goma for a more rich taste.
5. Add the tahini to the mashing veggies and mash together with the beans with the stick blender. Add olive oil, salt, cumin, a little curry, and lemon or vinegar. If it is too wet add goma. If it is too heavy, add water. Get a texture that you like.
6. Separately, cut up some veggies very small and *sauté* for a very long time.
7. To serve hummus, put in bowl or big plates and on top put the *sautéed* veggies, the extra chick peas or bean, olive oil and fresh parsley. If you have no parsley use something else green. Then put paprika or cumin for color sprinkled on the top, or do something in your own style to make the whole thing look nice. You can also put more tahini on the top.

# Desserts

*Notes for desserts: When you see "T" it means tablespoon and "t" means teaspoon.*

## Apple Sauce Cake/ Pumpkin Bread (*Chisan*)

1/2 sugar  
1/2 cup oil  
2 eggs  
1 t baking powder  
1/2 t baking soda  
1/2 t salt  
1 t cinnamon  
1/2 t nutmeg  
1/2 t cloves, allspice  
2/3 cup applesauce or cooked squash  
1 2/3 cup flour

## Banana Nut Bread (*Raine*)

2 cup sugar  
4 cup flour  
2/3 cup butter or oil  
2 t baking powder  
2 eggs  
2 t baking soda dissolved in 4 T milk or butter milk  
6-8 mashed ripe bananas  
1/2 t salt  
2 t vanilla

1. Cream butter and sugar.
2. Add eggs
3. Add mashed bananas
4. In a separate bowl sift dry ingredients together
5. Add dissolved soda and vanilla and mix.
6. Add nuts, raisins, or chocolate chips if you like
7. Put in greased bread pans and bake for one hour at 300 F until toothpick comes out clean.
8. When done, allow to cool slightly and then remove from pans. If possible, allow to cool completely before cutting.

## Banana Pancakes or Veggie Pancakes (*Genshin*)

12 cups flour  
8 teaspoons salt  
1 cup sugar  
2 T baking powder (if less baking powder, beat eggs more)  
10 beaten eggs  
6 mashed bananas  
2 t vanilla  
1/2 t almond extract  
1 cup dried fruit (not raisins), or nuts, or 2 cups chocolate chunks  
5-6 cups milk or water

1. Sift dry ingredients together
2. Add all remaining ingredients and once all are in bowl, stir, but not very well. Batter should be quick thick, but wet enough to pour from a ladle. If too thick add water or milk.
3. Heat pancake skillet until water sprinkled on it sizzles
4. Start with small pancakes

To make veggie pancakes leave out bananas, vanilla, almond, fruits, nuts and chocolate and only use 2 T sugar. Use 1 cup more water. *Saute* about 5 cups of veggies including onions, potatoes, carrots, cabbage, sweet potatoes, peppers. Mix veggies into batter and make large pancakes on greased griddle.

## Brownies (*Sochu's Mother*)

375 grams of butter  
375 grams of dark chocolate (should be 70 % cacao)  
6 eggs  
500 grams of brown sugar  
225 grams of flour  
1 t salt

## Chocolate Mousse (*Shokin*)

1. Melt chocolate. If you use dark chocolate the flavor will be more rich.
2. In a separate bowl mix sugar and egg yolk.
3. Let the chocolate cool a bit and then mix with egg and sugar. If the chocolate is too hot it will cook the egg yolk.
4. In a separate bowl with the egg whites with a mixer until stiff. Add a little sugar to keep them from dissolving.
5. In a separate bowl with the *nama* cream (Japanese word for whipped cream) and add a little sugar to keep nice.
6. First fold the egg whites into the chocolate mixture, because they are wetter so its easier to do first. Fold in means stir in carefully and gently, but not too slowly, not stirring any more than you have too or the whole thing will get flat.
7. Fold in *nama* cream.
8. Put in bowls and add some chocolate chunks on top if you like and then refrigerate or even better freeze for a couple hours before serving.

### **Chunky Things to Stir In** (Should be about 300 grams)

Whatever you feel like. For example: walnuts and raisins, pieces of dark chocolate and 3 t Nescafe, cranberries, apricots and orange peel

1. Melt chocolate and butter in a sauce pan over a pan with hot water.
2. Stir the eggs and sugar and salt together in another saucepan and add melted chocolate and butter with it and stir.
3. Put flour in and stir until dissolved.
4. Stir in chunky things
5. Cook at 170 °C (330 °F) for 25 minutes and then let brownies sit over night before serving.

## Cinnamon Cake Bread (*Sochu's Mother*)

500 grams flour  
500 grams dark brown sugar  
1 and 1/2 packet baking powder (about a tablespoon total)  
1/2 t salt  
250 grams unsweetened yogurt or water or 500 grams butter milk, tea, or water  
250 grams raisins  
2 large spoons of cinnamon

Put all ingredients together, stir and put in oven for 90 min at 160 °C (310 °F) on a lower rack. When done wait one hour, then remove from pan. Wait two days before eating for best.

## Fruit Crumble (*Sokun*)

1. Put whatever fruits in oiled pan. Really ripe fruits are best.
2. In separate bowl mix flour, ground goma, a little sugar and oil or margarine. Flour is main ingredient. Use enough oil or margarine so that crumble can be collected in a fist but easily crumbled again. Using less sugar makes dish more savory. Make enough crumble powder so that entire pan is coated about 1 inch or 2 centimeters thick.
3. Put crumble on top of fruits and bake about 30 minutes at 180 °C (350 °F). Crumble is done when fruit juices begin to bubble up.

## Hershey's Chocolate Cake (*Raine*)

2 cups sugar  
1 cup flour  
3/4 cup cocoa  
between 1 and 1/2 t baking powder  
between 1 and 1/2 t baking soda  
1 t salt  
2 eggs  
1 cup milk

1/2 cup oil  
2 t vanilla  
1 cup boiling water

1. Sift dry ingredients
2. Add eggs, milk, oil, vanilla and beat for 2 minutes
3. Add hot water, beat, put in greased pan and bake about 30 minutes in 180 °C (350 °F)

## Jerry's Indian Pudding

1 quart milk  
6 T yellow corn meal  
2 T butter  
1 cup dark molasses  
1 t salt  
1 tsp cinnamon  
1/2 t ginger  
2 eggs  
1 cup cold milk

1. Scald but don't boil milk
2. Measure cornmeal in cup and add little by little to cooking milk (in double boiler)
3. Cook 25 minutes, stirring often, scraping bottom often to prevent clumping.
4. Add butter, molasses, salt, and cinnamon and ginger and stir until blended.
5. Take from heat and allow to cool a little.
6. Beat eggs well and add to cooled mixture.
7. Put mixture in buttered casserole dish and cool 60 to 80 min at 175 °C (350 °F) until middle of pudding looks well done.
8. Serve hot with vanilla ice cream.

## Sweet Potato Cake (*Chisan*)

1 1/2 cup flour  
1/2 t baking soda  
1/2 t salt  
1 1/2 t cinnamon  
1 cup sugar  
1 cup cooked and mashed sweet potato  
2 large eggs, beaten  
2/3 cup melted butter or oil  
1/2 cup shredded coconut  
1/2 cup raisins  
1/2 cut walnuts

1. Measure flour, soda, salt, cinnamon and sugar into mixing bowl. Make a well in the center and measure remaining ingredients into well. Stir carefully, just enough to mix.
2. Pour into greased 9 by 5 inch loaf pan
3. Bake 180 °C (350 °F) for 1 hour
4. Remove from pan and cool before slicing.

## Vegan Chocolate Cake (*Raine*)

1 1/4 cup flour  
1 cup sugar  
1/3 cup cocoa powder  
1 t baking soda  
1/2 t salt  
1 cup hot water or coffee  
1 t vanilla  
1/3 cup vegetable oil  
1 t vinegar

1. Mix all ingredients except hot water or coffee and vinegar well.
2. Add hot water and stir.
3. Carefully add vinegar and stir just enough to mix but not too much
4. Bake at 180 °C (350 °F) until inserted fork comes out clean